



Healthy Pima
Substance Misuse and Mental Health Alliance
2018 Action Plan: Goals, Objectives, and Strategies

Goal 1: To reduce access to and dependence on prescription medications and illicit substances in Pima County.

Objective 1: By 2018, increase the use of proper disposal methods for prescription medications in Pima County.

Strategy 1: Place permanent Rx drug drop boxes in every law enforcement station/substation and identify additional DEA approved sites for placement opportunities.

Strategy 2: Increase community awareness of Rx drug drop box locations.

Strategy 3: Implement Rx drug take-back events.

Strategy 4: Increase community awareness of safe Rx drug storage options.

Goal 2: Encourage adoption of best practice guidelines by Pima County prescribers and pharmacists.

Objective 1: By 2018, promote best practice prescribing and dispensing protocols among Pima County prescribers and pharmacists.

Strategy 1: Encourage prescriber and pharmacist adoption of best practice guidelines.

Strategy 2: Promote continuing education (CME) for prescribers and pharmacists on prescribing and dispensing controlled substances.

Strategy 3: Provide patient education training and materials for prescribers and pharmacists to improve the prescription drug literacy of their patients.

Strategy 4: Increase prescriber and pharmacist use of the Prescription Monitoring Program (PMP).

Objective 2: By 2018, encourage patients to take personal responsibility and advocate for their personal health.

Strategy 1: Improve awareness and access to resources for patients.



Healthy Pima
Substance Misuse and Mental Health Alliance
2018 Action Plan: Goals, Objectives, and Strategies

Goal 3: Increase access to substance misuse and mental health services for residents of Pima County.

Objective 1: By 2018, adopt and promote activities to address substance misuse in Pima County.

Strategy 1: Improve coding structure of data management systems for tracking drug offenses.

Strategy 2: Increase law enforcement use of the Prescription Monitoring Program (PMP).

Strategy 3: Conduct enforcement efforts to address current and emerging substance abuse issues.

Strategy 4: Identify and promote best practices among local law enforcement for substance misuse interventions.

Objective 2: By 2018, increase access to mental health treatment services for residents of Pima County.

Strategy 1: Work with community organizations and stakeholders to coordinate workforce training for frontline staff around substance misuse and mental health resource navigation.

Goal 4: Increase awareness and education on the effects of substance misuse among residents of Pima County.

Objective 1: By 2018, increase awareness among Pima County residents of the risks associated with substance misuse.

Strategy 1: Implement mass media campaign and disseminate materials on associated risks.

Strategy 2: Promote a speakers bureau identified by the Steering Committee to provide presentations to community members, agencies, and other groups.



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Strategy 3: Implement evidence-based curriculums to educate community members about the risks of substance misuse.

Strategy 4: Engage local anti-drug coalitions, organizations and other stakeholders to promote and disseminate public education materials on substance misuse.

Objective 2: By 2018, create and promote an online directory of available programs, services, and educational materials on substance misuse.

Strategy 1: Identify and promote Pima County specific programs and services on substance misuse.

Objective 3: By 2018, establish a Steering Committee to identify opportunities to improve provider capacity, accessibility, and treatment outcomes for substance misuse and mental health services in Pima County.

Strategy 1: Define and recruit members for the Steering Committee.

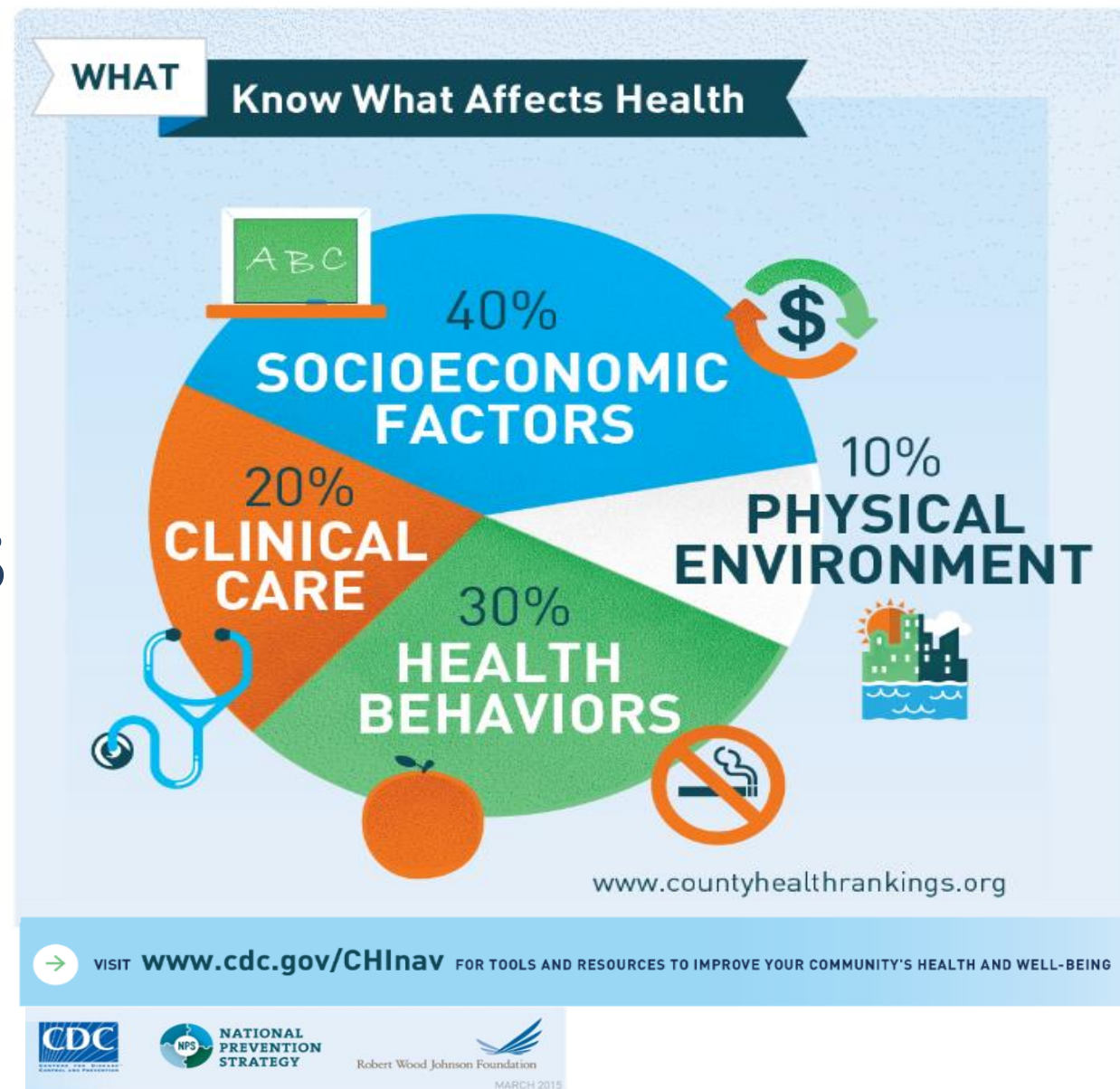
Strategy 2: Identify scope of current substance misuse and mental health challenges by reviewing existing data sets.

Goal 5: Provide free trainings to Pima County community and clinical service providers on coping skills for anxiety, depression and related disorders.

Objective 1: By 2021, develop and maintain a community mental health crisis team in Pima County.

Strategy 1: Provide free trainings to community professionals that have a role in serving or treating individuals with anxiety and depression.

What impacts health?





The U.S. accounts
for ~ **5 %** of the
world's population
but...

consumes
80 % of the
global opioid
supply

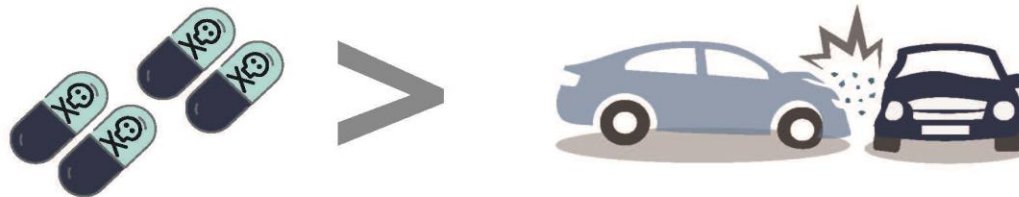
431 MILLION

opioid pills were
prescribed in 2016



enough for **every** Arizonan
to have a
2.5 week supply

74% increase in opioid deaths in Arizona since 2012



Drug overdoses* take
more lives
than car crashes in Arizona

*Includes overdoses from opioids, cocaine, meth, marijuana, and other illicit drugs.

Raul Munoz

On June 5, 2017,
Arizona Governor Doug Ducey declared a
State of Emergency
due to an opioid overdose epidemic

**Governor Ducey Declares
Statewide Health Emergency In
Opioid Epidemic**

News Release

June 5, 2017



*As the number of opioid overdoses and deaths increase at an alarming rate,
we must take action."*

PHOENIX — Governor Doug Ducey today signed an emergency
declaration to address the growing number of opioid deaths in our state.

Alyssa Padilla

Opioid Surveillance

June 15, 2017 – October 18, 2018

2,349

suspect opioid
deaths

14,758

suspect opioid
overdoses

1,393

neonatal
abstinence
syndrome

29,247

naloxone doses
dispensed

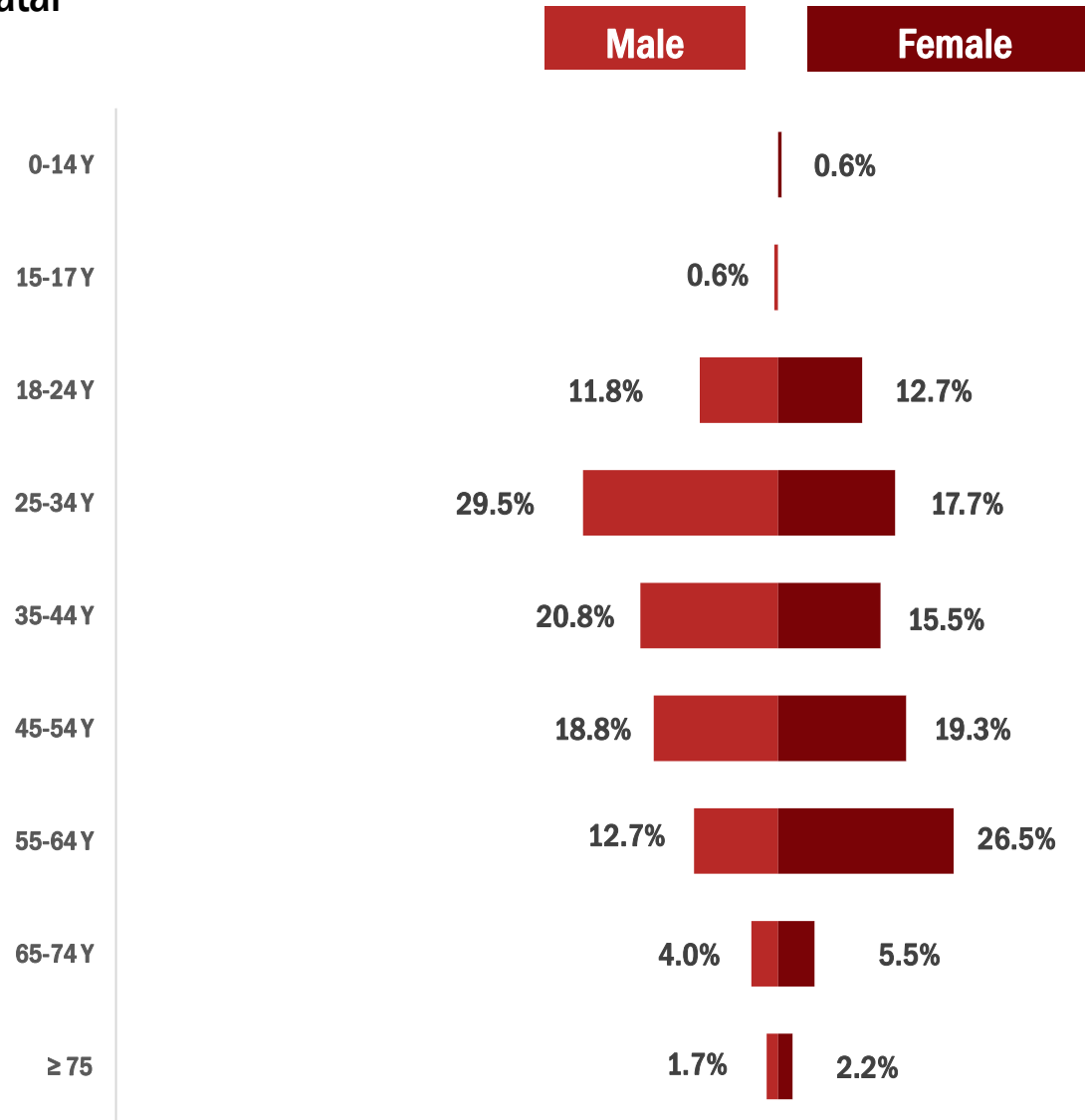
7,949

naloxone doses
administered

Updates posted at www.azhealth.gov/opioid

Verified Fatal Opioid Overdoses by Age & Gender: June 15, 2017-June 14, 2018

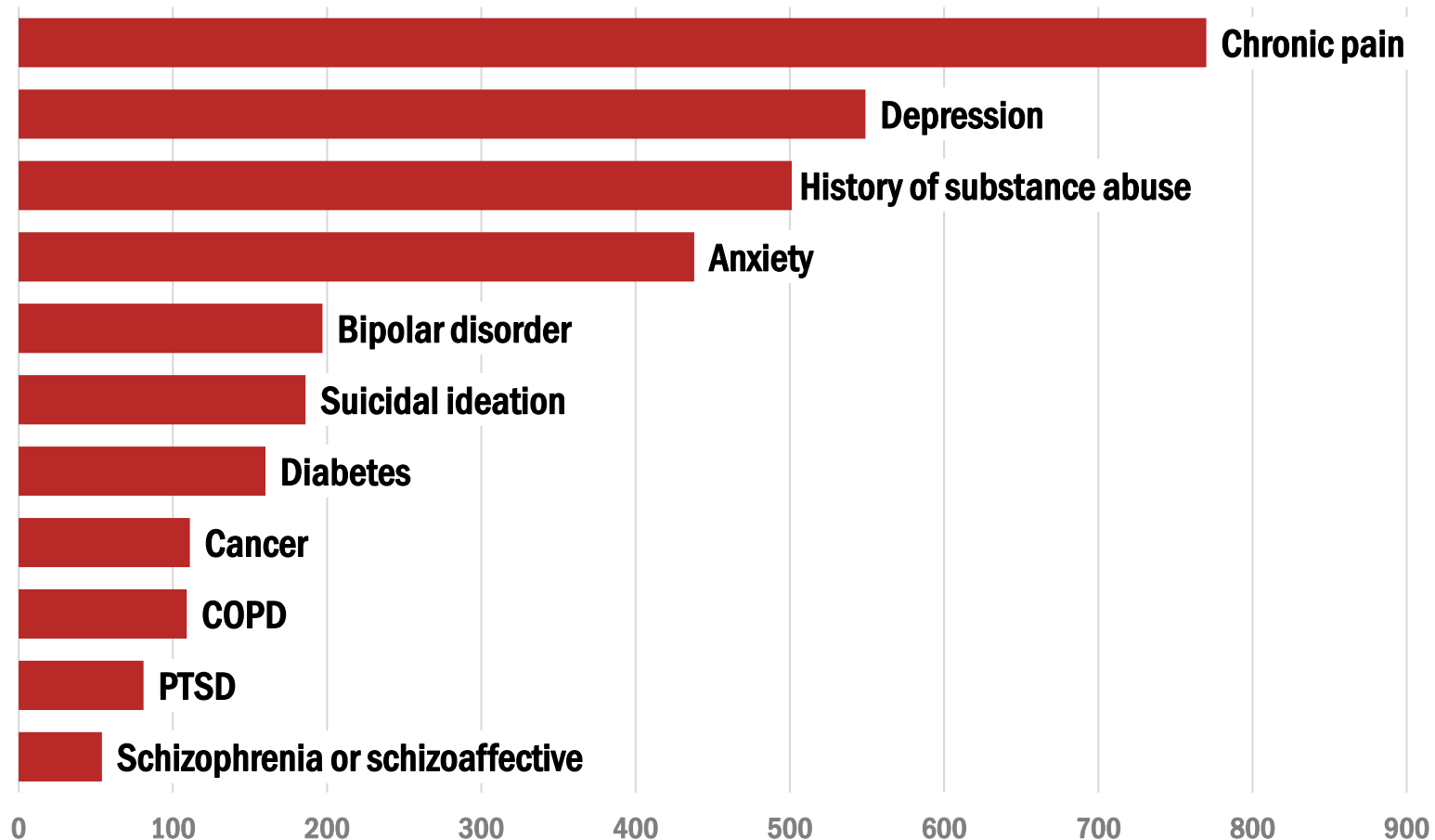
Fatal



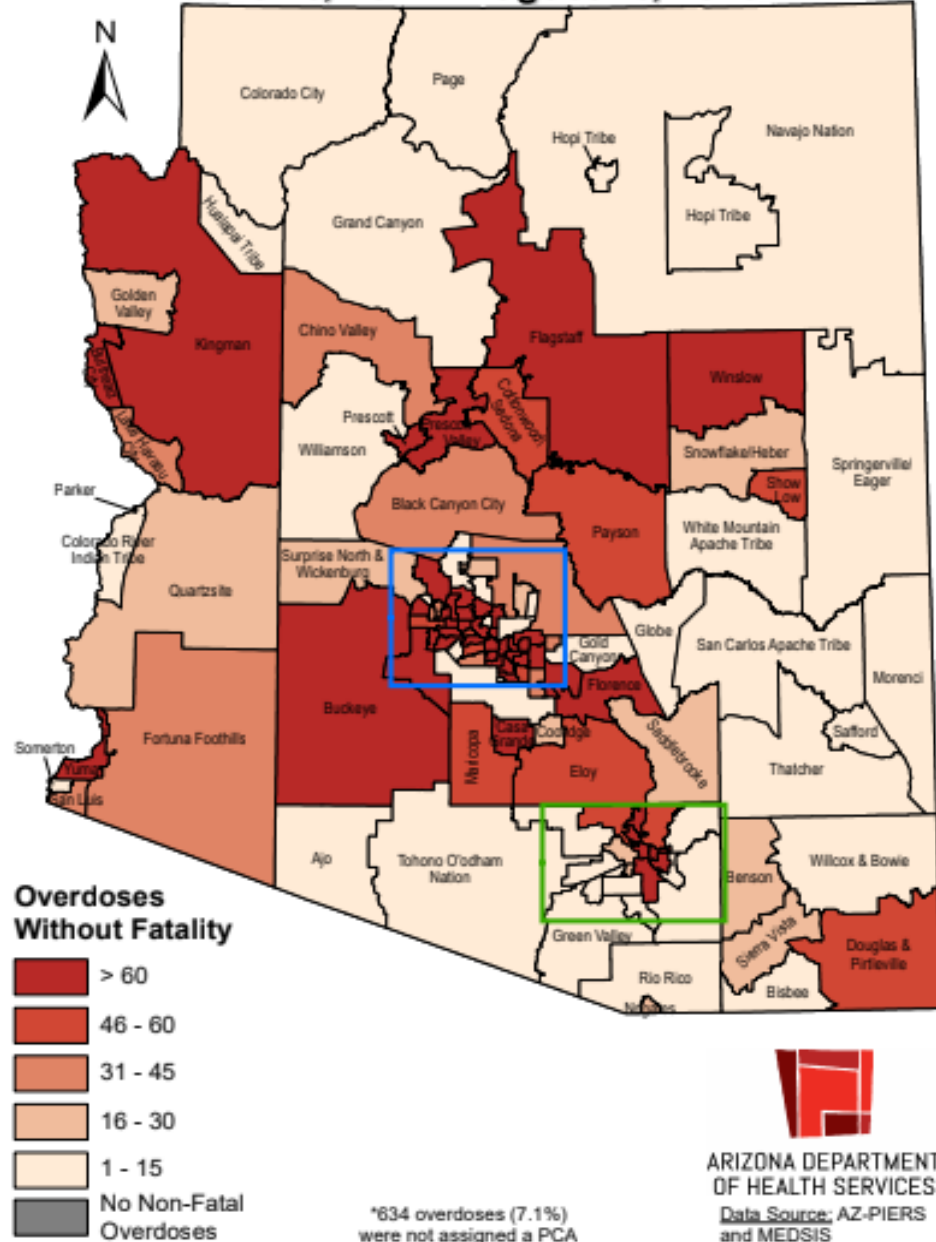
Alyssa Padilla

Chronic pain was the most common pre-existing condition for overdoses determined to be due to opioids during review.

Reported Pre-Existing Conditions for Verified Opioid Overdoses:
June 15, 2017-June 14, 2018

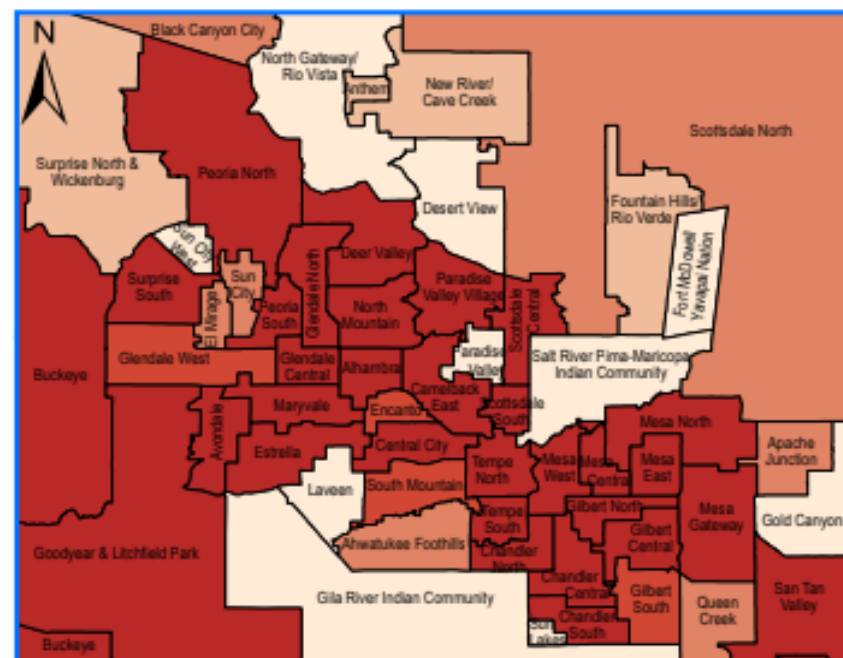


Number of Suspected Opioid Overdose Related Events Without Fatality by Primary Care Area (PCA), June 15, 2017 - August 16, 2018*

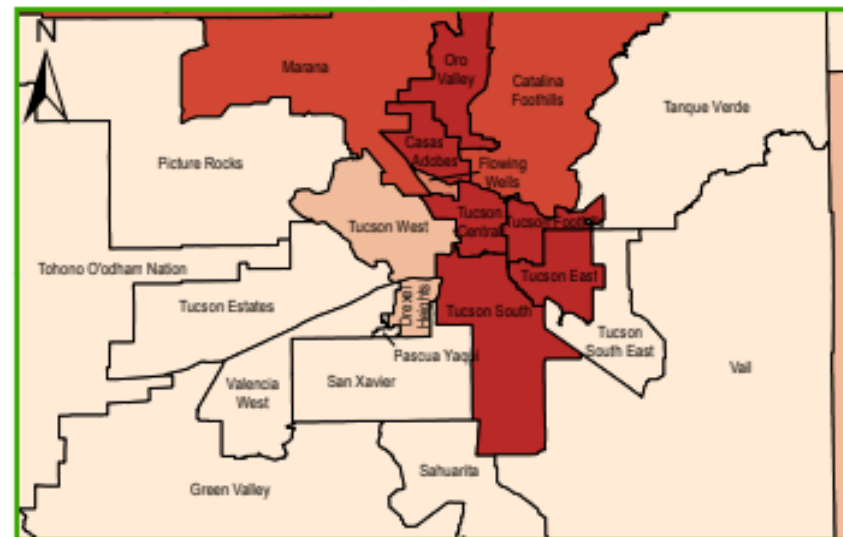


*634 overdoses (7.1%) were not assigned a PCA

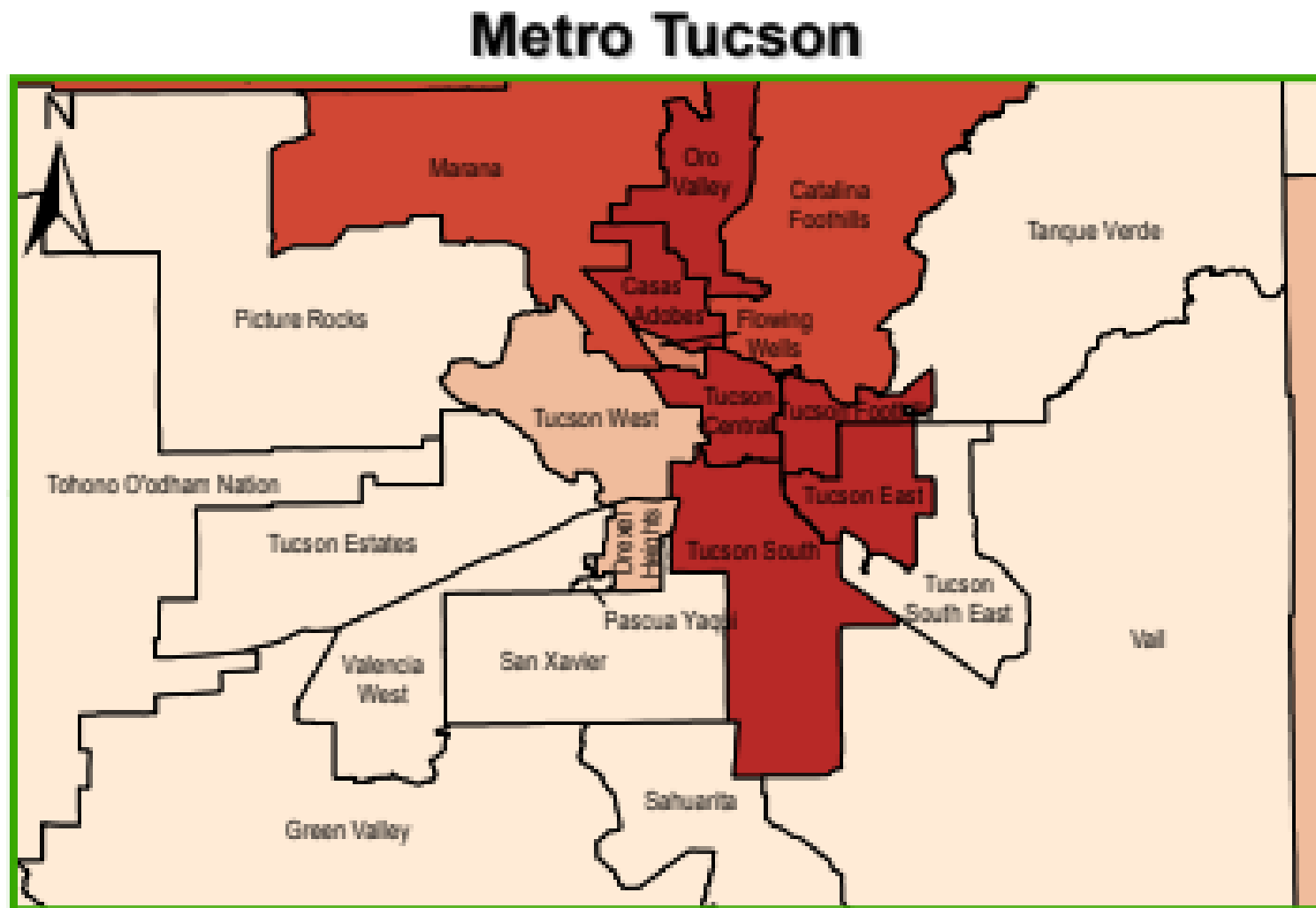
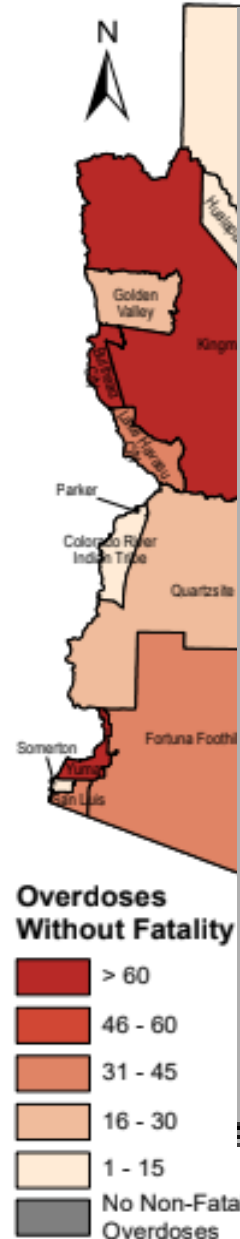
Metro Phoenix



Metro Tucson



Number of Suspected Opioid Overdose Related Events Without Fatality by Primary Care Area (PCA), June 15, 2017 - August 16, 2018*



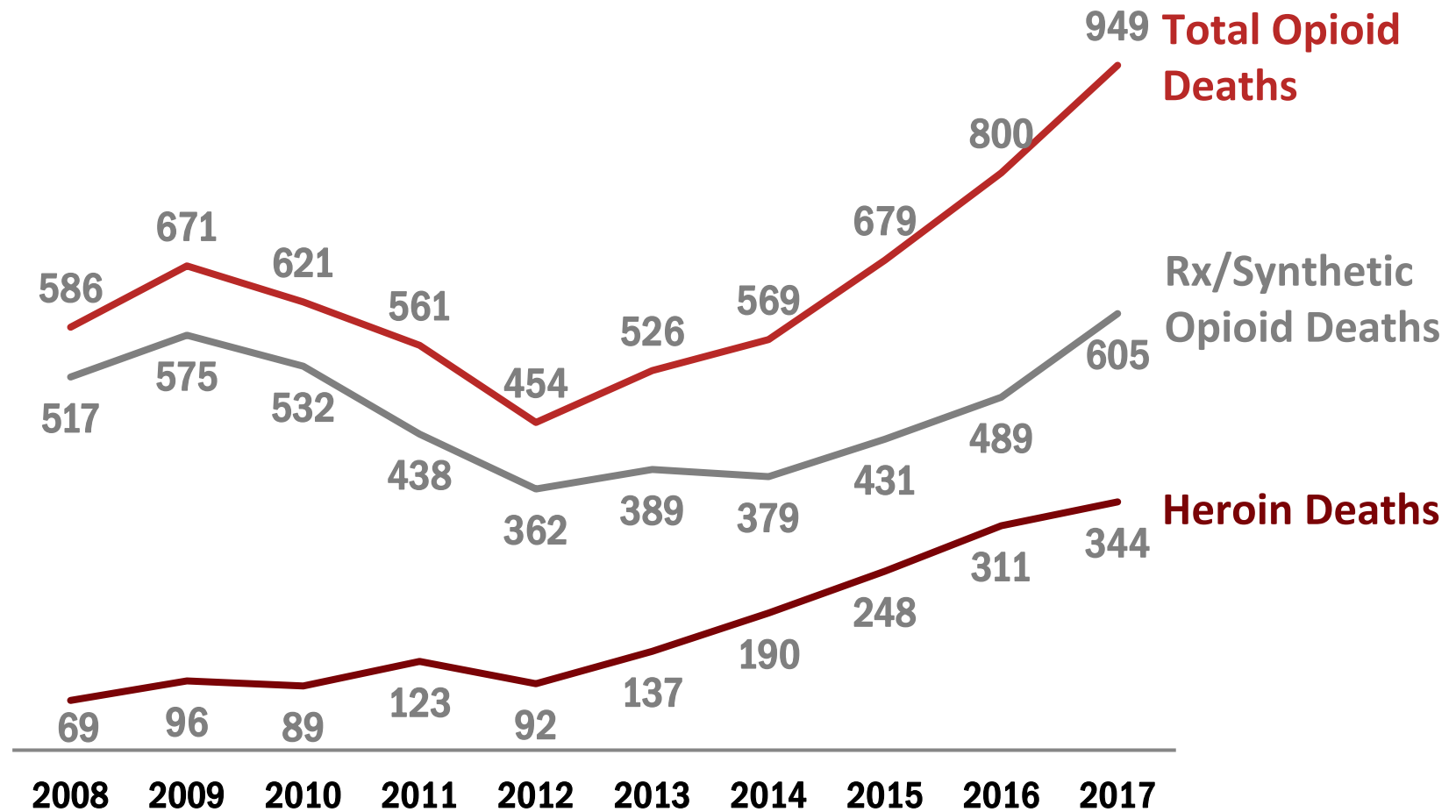
ARIZONA DEPARTMENT
OF HEALTH SERVICES
Data Source: AZ-PIERS
and MEDSIS

*634 overdoses (7.1%)
were not assigned a PCA



2017 Arizona Opioid Deaths

ADHS Bureau of Health Statistics

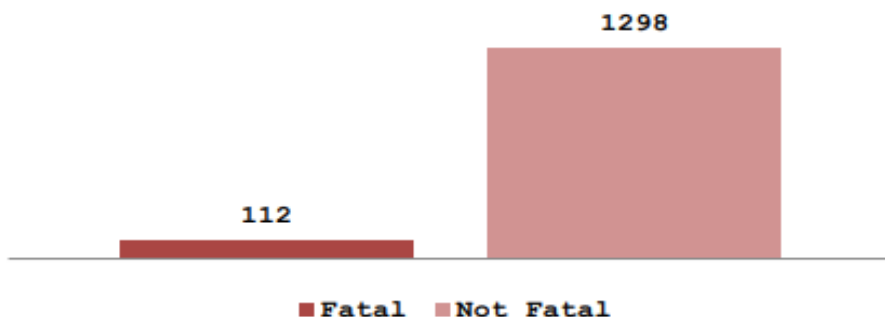


2017 Opioid Deaths, Bureau of Health Statistics

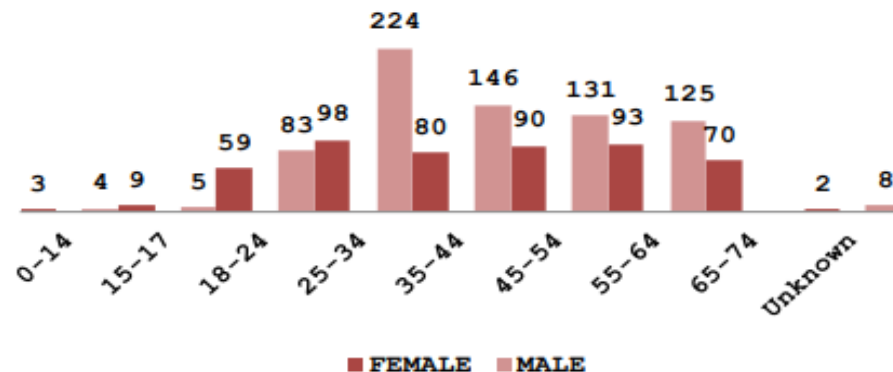
County	# of Opioid Deaths	Rate of Opioid Deaths/100,000
Apache	< 10	N/A
Cochise	17	13.2
Coconino	10	6.9
Gila	< 10	N/A
Graham	< 10	N/A
Greenlee	< 10	N/A
La Paz	< 10	N/A
Maricopa	576	13.6
Mohave	31	14.8
Navajo	< 10	N/A
Pima	176	17.1
Pinal	33	7.7
Santa Cruz	< 10	N/A
Yavapai	19	8.4
Yuma	< 10	N/A

Pima County June 15 – May 31, 2018

Suspected Opioid Overdoses by Outcome



Suspected Opioid Overdoses by Age



Suspected Opioid Overdose by Location

Location	Count
Not Reported	999
Business	20
Health Care Facility	12
Hospice/ Long Term Care	10
Jail/Prison/Detention	2
Other	8
Other Private Residence	21
Personal Residence (Home)	217
Public Place	73
School	2
Shelter	3
Substance Abuse Recovery	3
Unknown	36
Work	4

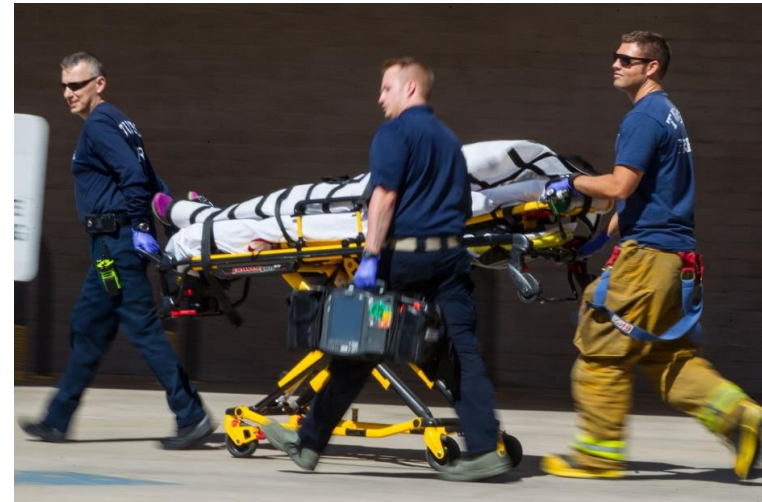
Naloxone Dispensed

Location	Count
Jan-18	173
Feb-18	460
Mar-18	443
Apr-18	444
May- 18	643

Neonatal Abstinence Syndrome: 163 Cases

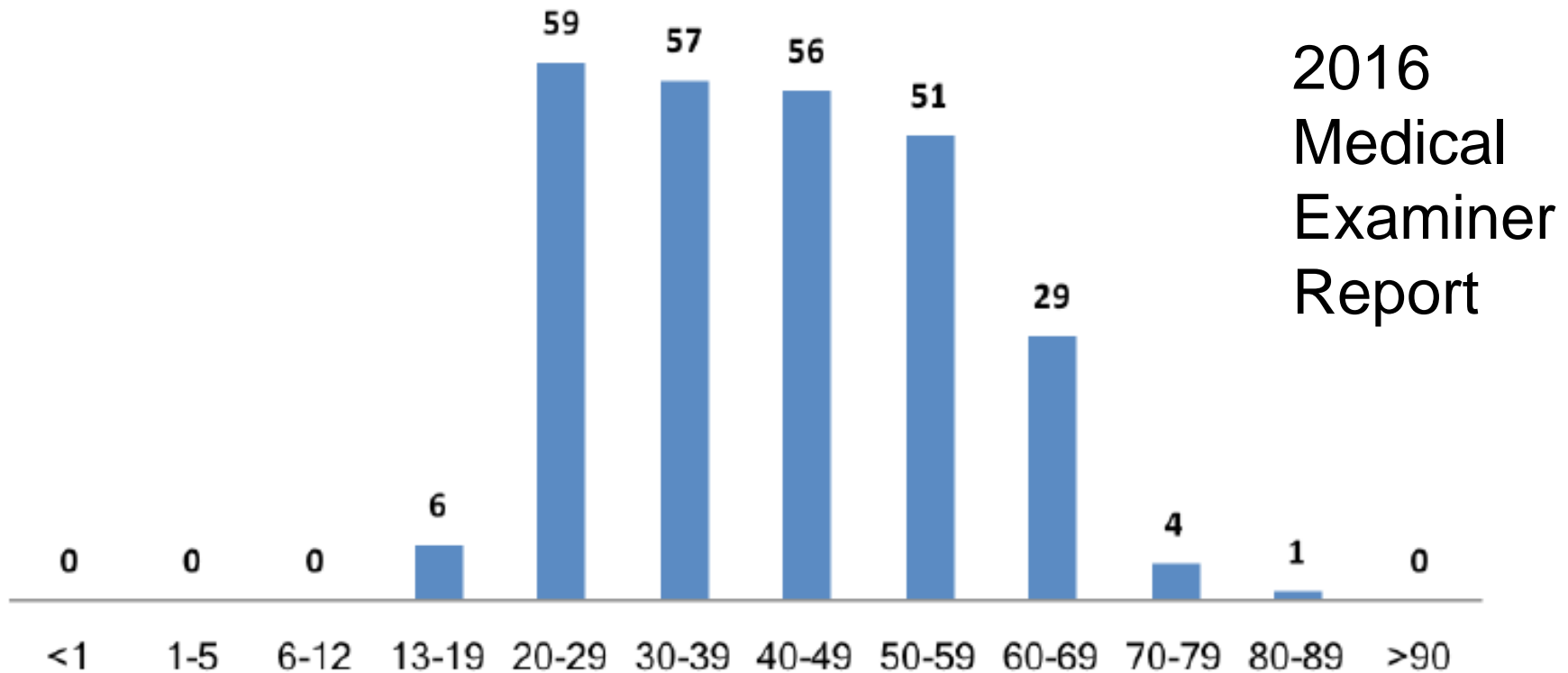
Overdose Deaths in Pima County, 2017

- Overdose accounted for 282 deaths (up from 263 in 2016)
- Male (69%) v. female (31%)
- Single drug (52%) v. multi-drug (48%)
- Overdose is the cause
 - 89 % (or 250) of accidental deaths
 - 8 % (or 23) of suicide deaths



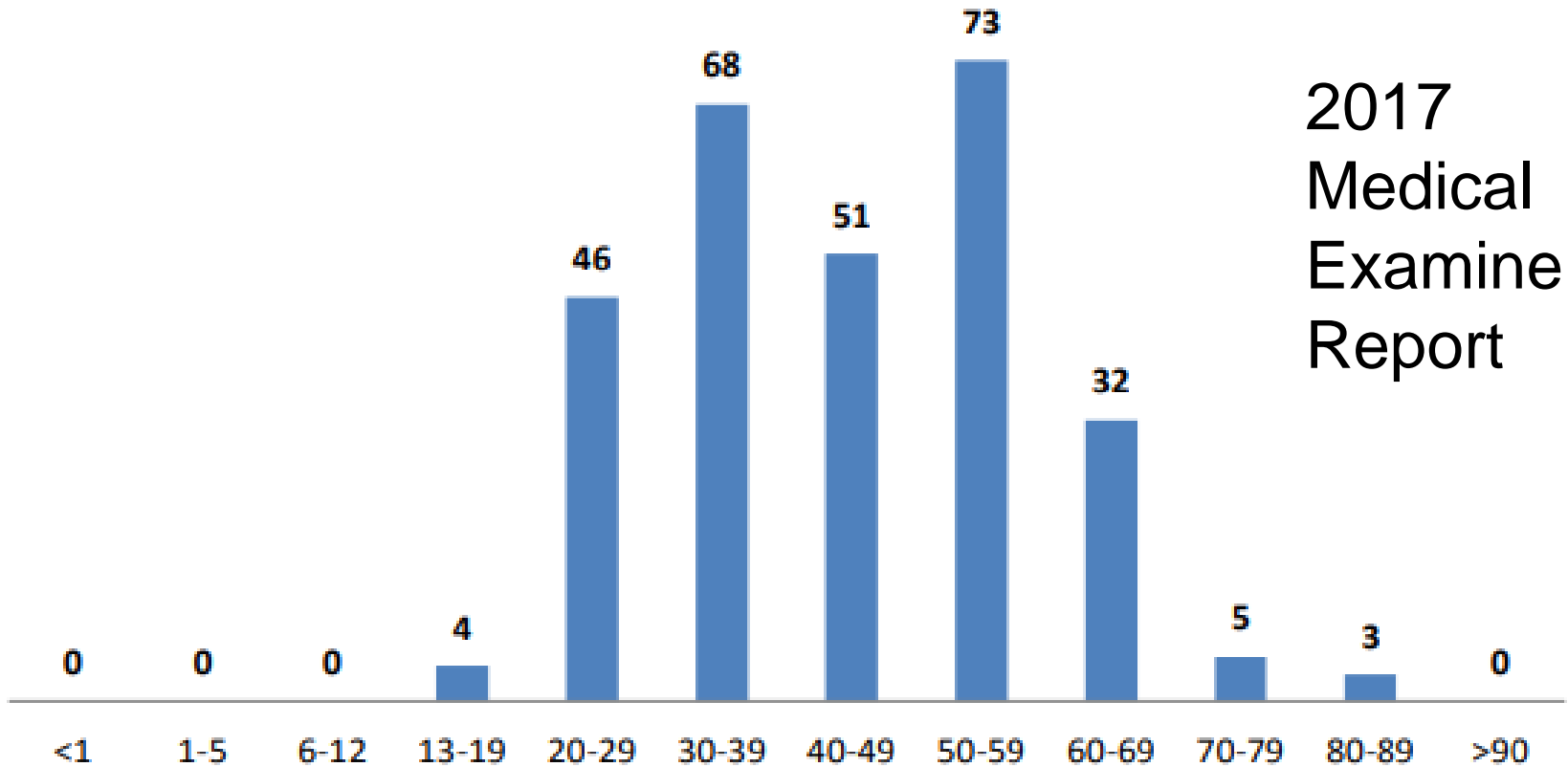
Compared to...Pima County Overdose Deaths by Age-Group, 2016

Pima County Overdose Deaths by Age 2016



Compared to...Pima County Overdose Deaths by Age-Group, 2017

Pima County Overdose Deaths by Age 2017



2017
Medical
Examiner
Report



Arizona Rx Toolkit

Strategy 1

Reduce Illicit Acquisition and
Diversion of Rx Drugs

Strategy 2

Promote Responsible Prescribing and
Dispensing Policies and Practices

Strategy 3

Enhance Rx Drug Practice and Policies
in Law Enforcement

Strategy 4

Increase Public Awareness and
Patient Education about Rx Drug
Misuse

Strategy 5

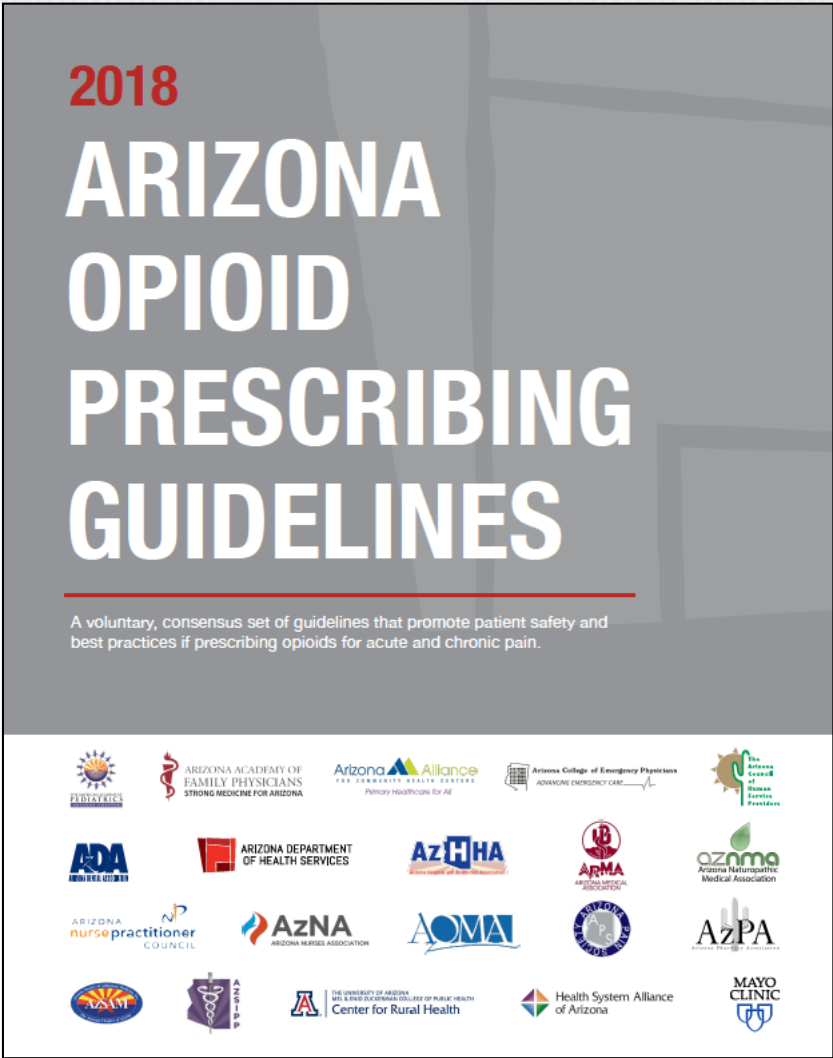
Enhance Assessment and Referral to
Substance Abuse Treatment

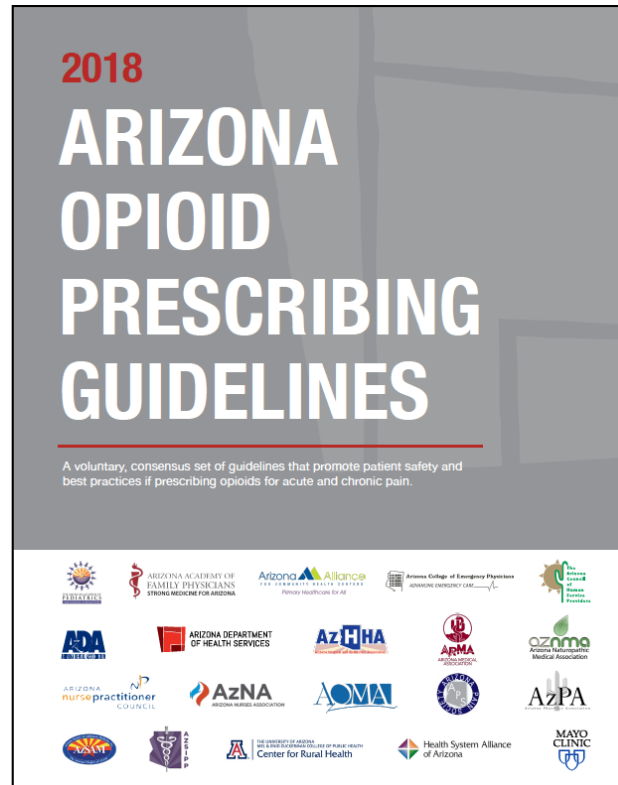
Alyssa Padilla

Prescribing Guidelines Update

Healthcare providers can request free printed guidelines online at azhealth.gov/OrderRxGuidelines

or download online:
azhealth.gov/opioidprescribing





www.VLH.com/AZPrescribing



Developed by AZ Prescription Drug Misuse & Abuse Initiative, AZ Department of Health Services, UA College of Public Health, AZ Center for Rural Health, UA College of Medicine

Alyssa Padilla

REDUCING OPIOID DEATHS

OUR PROGRESS



Opioid Assistance & Referral

A free 24/7 hotline that assists providers with complex patients with pain and opioid use disorders, answered by medical experts at the Poison and Drug Information Centers in Arizona.

Arizona OAR Line
1-888-688-4222

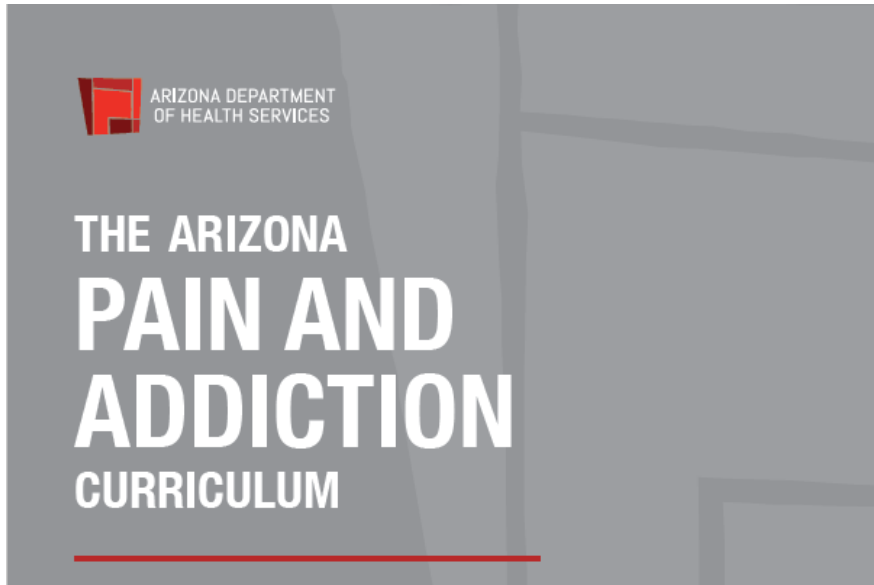
 ARIZONA DEPARTMENT OF HEALTH SERVICES

 UNIVERSITY OF ARIZONA
Center for Toxicology & Pharmacology
Education & Research

The OAR Line is joint project between the Arizona Department of Health Services, the Arizona Health Care Cost Containment System and Poison and Drug Information Centers in Arizona.

REDUCING OPIOID DEATHS

OUR PROGRESS



VISION

To redefine pain + addiction as multidimensional, interrelated public health issues...

...a whole-person interprofessional approach with a community and systems perspective.

Arizona Pain + Addiction Curriculum Summit

For Faculty <https://www.surveymonkey.com/r/painandaddiction>

Alyssa Padilla

REDUCING OPIOID DEATHS

OUR PROGRESS: Task Force Recommendations

Controlled Substances Prescription Monitoring Program (CSPMP)

- Improve registration process
- Implement CSPMP Add-on
- Enhance communication
- Enhance marketing/training
- Enhance staff support to optimize use of the CSPMP

<https://pharmacypmp.az.gov/>

New Training Videos

- How to register, use
- Understand patient report
- Look for Rx's filled
- Look up multiple patients at one time



Online Training

for using the
Controlled Substances
Prescription Monitoring
Program website





Arizona opioid Epidemic act
Senate bill 1001
Signed January 26, 2018

Highlighted Provisions

- Good Samaritan Law
- \$10 million for treatment
- Hospitals to refer for behavioral health services
- Reporting of treatment capacity
- Medical student education
- Continuing education
- Warnings on pill bottles
- Time limits for prior authorization
- Restricts dispensing by prescribers, including veterinarians
- Pharmacists to check the PDMP
- E-prescribing in 2019
- Criminal penalties for fraud by drug manufacturers
- Counties designate one location to drop off legal or illegal drug & drug paraphernalia



START LOW.
GO SLOW.

Prescribing Limits

Place a **5-day limit on initial opioid** prescriptions, and 14 day limit following a surgical procedure.

Limit would not apply to individuals being treated with opioids in the last 60 days

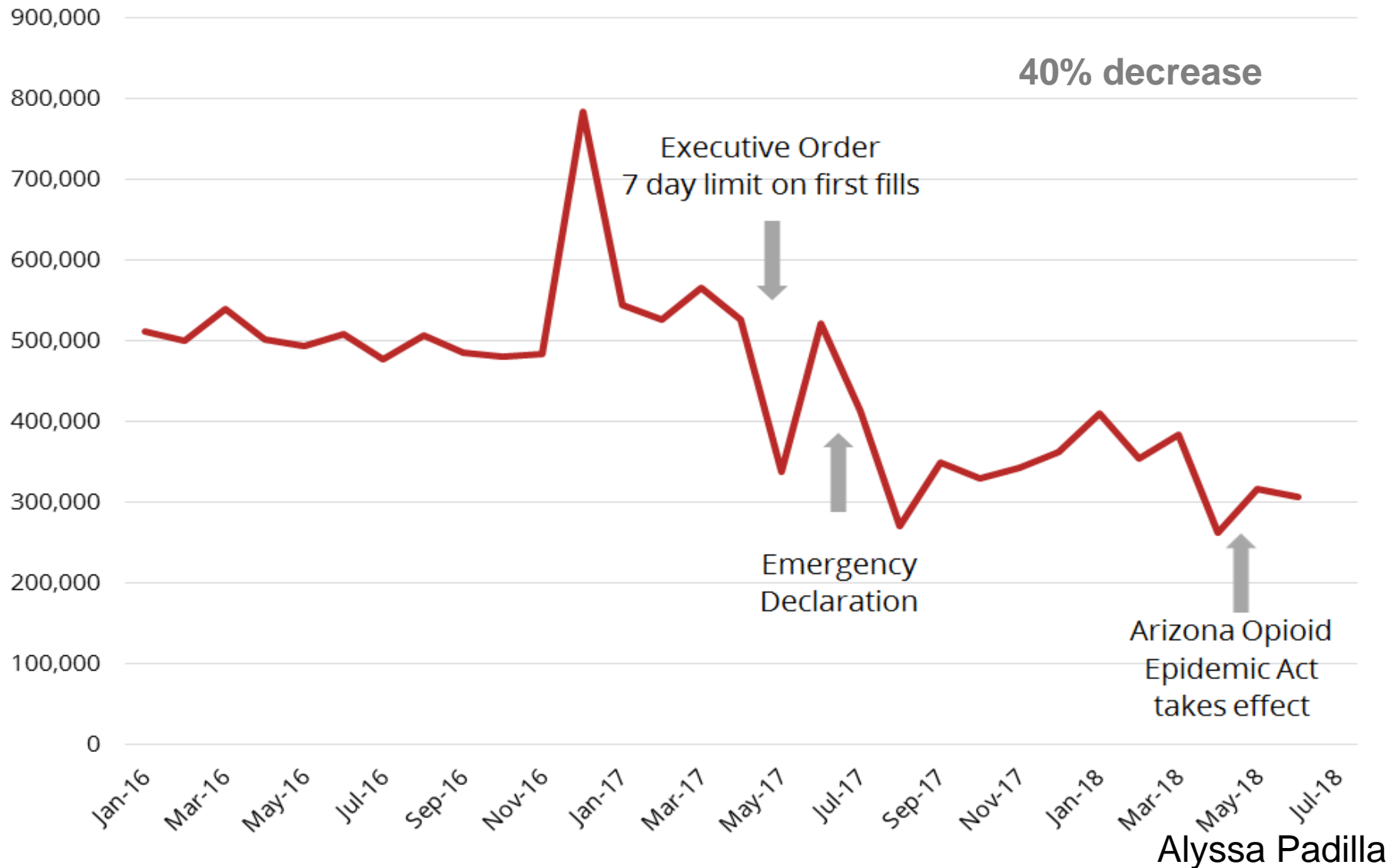
The **probability of long-term opioid use increases** most sharply in the first days of therapy, particularly **after five days**.

Limit opioid dose levels to less than 90 MME/day for most patients, with exemptions

A dose of 50 MME or more per day **doubles** the risk of overdose death, compared to 20 MME or less per day. At 90 MME or more, the risk increases **10 times**.

RESULTS

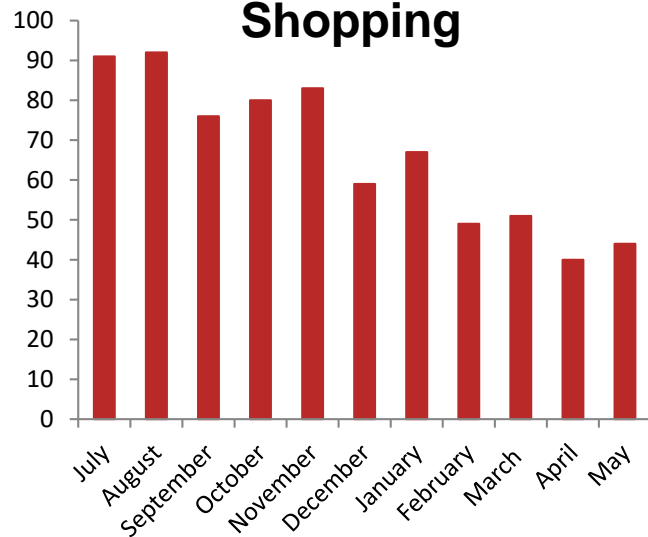
NUMBER OF OPIOID PRESCRIPTIONS



RESULTS

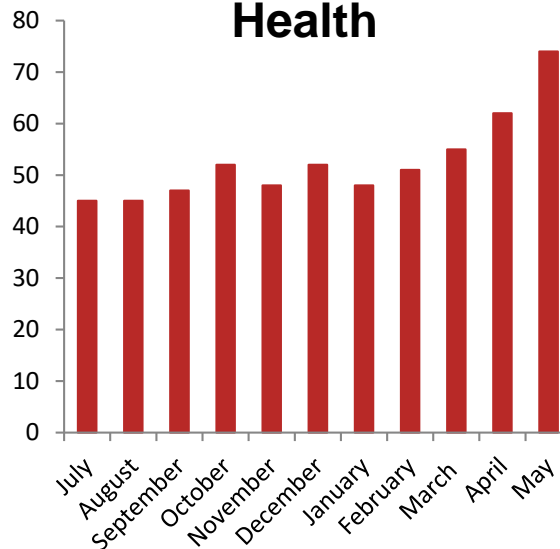
WE'RE SEEING GREAT PROGRESS

**Number of Patients
Potentially Doctor
Shopping**



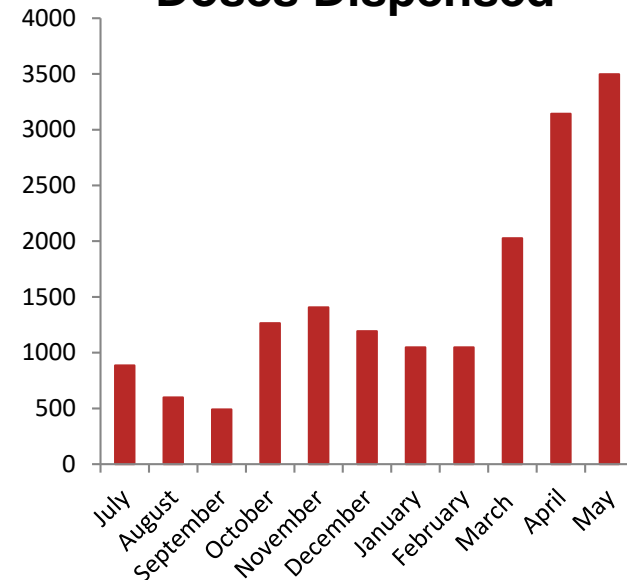
↓ 60%

**Percent of Overdoses
Referred to Behavioral
Health**



↑ 64%

**Number of Naloxone
Doses Dispensed**

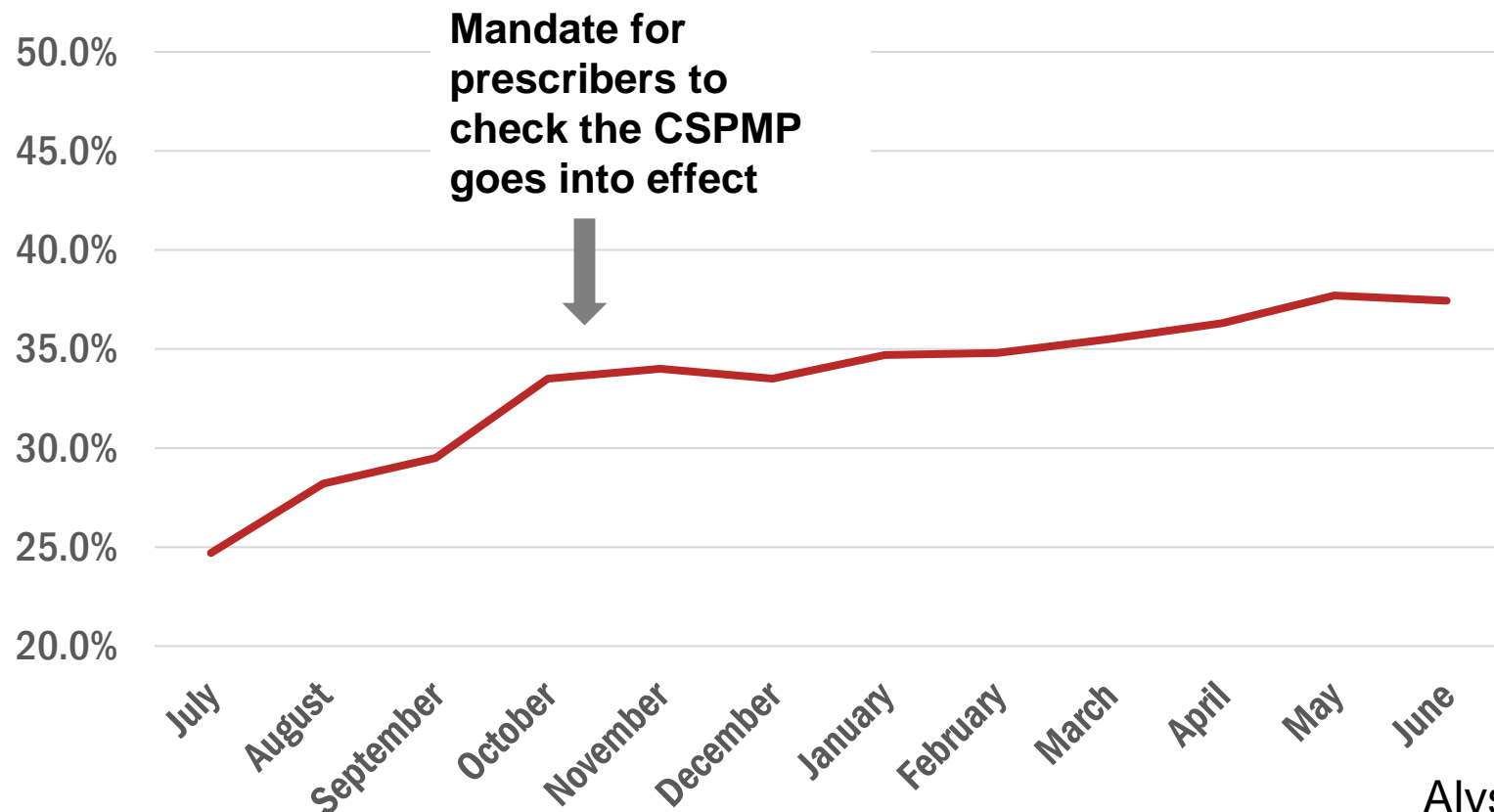


↑ 355%

RESULTS

CHECKING THE CSPMP

Percentage of Prescribers who had “lookups” in the Controlled Substances Prescription Drug Monitoring Program (CSPMP) January 1, 2017-May 31, 2018 prior to prescribing




Treatment Locator

<http://rethinkrxabuse.org>



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health

Treatment
85624
Results



Office of the Arizona Governor Doug Ducey
Governor's Office of Youth, Faith and Family


State Agencies State Services Select Language

SUBSTANCE ABUSE **ARIZONA ANGEL INITIATIVE**

Home Facts & Figures Resources Real Impact Training Grants Commissions Rethink Rx Abuse Overcome Awkward

IDENTIFY SUBSTANCE ABUSE PROVIDERS IN YOUR AREA.

☐ PREVENTION ☒ TREATMENT ☐ RECOVERY

 85624 **SEARCH**

Attention Providers: To update your ASAP Locator profile or add additional programs and/or locations, please email azsubstanceabusepartnership@gmail.com to receive update instructions.


[Disclaimer >>](#)

NARROW YOUR RESULTS

AGES SERVED: **SELECT**

COUNTY SERVED: **SELECT**

GENDER: NO PREFERENCE



Alyssa Padilla

<http://dumpthedrugsaz.org>



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health

Exit Full Screen

Rx Drug Drop-Off Locations

Enter Full Address

1 Globe Police Department

2 Miami Police Department

3 Superior Police Department

4 Kearny Police Department

5 Whiteriver Indian Hospital

6 Pinal County Sheriff's Office

7 Mammoth Police Department

8 Pinal County Sheriff's Office

9 Florence Police Department

10 Apache Junction Police Department

11 Walgreens #4188

12 Pinal County Sheriff's Office

13 Pima Police Department

Feedback & Support

Alyssa Padilla

Take Action

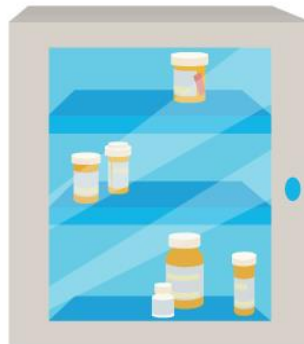
PREVENT PRESCRIPTION DRUG MISUSE

Lock Your Meds



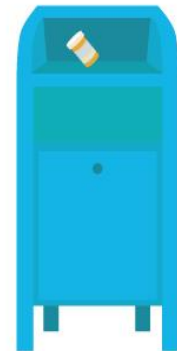
Prevent your children from using your medication by securing it in a place your child cannot access.

Take Inventory



Take inventory of the type and amount of medications you currently have and check regularly to ensure that nothing is missing.

Proper Disposal



Dispose of medications at a community drop box site or disposal event.



Substance Misuse & Mental Health Roster

Community Awareness Co-Lead: Karla Avalos, [City of Tucson Mayor's Office](#)

Community Awareness Co-Lead: Linda Leatherman, [Pima County Community Services, Employment, and Training](#)

Medical Practices Co-Lead: Steve Nash, [Tucson Osteopathic Medical Foundation](#)

Medical Practices Co-Lead: Alyssa Padilla, [University of Arizona College of Public Health](#)

Referral and Treatment Co-Lead: Tania Long, [Cenpatico Integrated Care](#)

Referral and Treatment Co-Lead: Steve Lee, [CODAC](#)

Name	Organization	Task Force
Adela Gonzales	Health Choice of Arizona	Referral and Treatment
Adrienne Lent	ASHline	Community Awareness
Al Cortese	Banner Health	Medical Practices
Alexandra Shilen	Pima County Health Department	All
Alivia Gleason	UA Health Sciences Library	Community Awareness
Alyssa Padilla	University of Arizona - Center for Rural Health	Medical Practices
Andrea Garcia	Pima County Health Department	Community Awareness
Andrew Bernstein	UA Camp Wellness	Medical Practices
Apryl Krause	Pascua Yaqui Health Department	Referral and Treatment
Arianna Price	AZ Center for Rural Health	Medical Practices
Armando Moreno	Connections So AZ	Referral and Treatment
Basant Virdee	National Institute for Civil Discourse	All
Betsy Sorensen	Americorps Vista; Banner Family Medicine Clinic	Community Awareness
Beverly Tobiason	Pima County Juvenile Court	All
Bob Murray	Sonora Behavioral Health	Referral and Treatment
Brad McKinney	Banner Health	Medical Practices
Brooke Brunner	Connections AZ, Inc.	Referral and Treatment
Cholpon Rosengren	United Way of Southern Arizona	Community Awareness
Chris Bradshaw	Community Medical Services (CMS)	All
Chris Magnus	Tucson Police Department	Medical Practices
Chris Stead	Pima Community Access Program (PCAP)	Community Awareness
Chris Wildblood	Tucson Police Department	Medical Practices
Christina Geare	Banner Health	Medical Practices
Christine Austin	To Our Health!	Referral and Treatment
Christine Donnelly	Carondelet	Medical Practices
Cindi Hunter	Controlled Substances PMP Program	All



Substance Misuse & Mental Health Roster

Name	Organization	Task Force
Codi Dunlap	Coconino High School	Community Awareness
Cynthia Potter	The Haven	All
Dan Barden	CODAC	Referral and Treatment
Dan Krepps	Sonora	Referral and Treatment
Dan Quintanar	Tucson Water	Community Awareness
Dan Ranieri	La Frontera	Referral and Treatment
Dane Binder	Community Bridges Inc	All
Daniel Derksen	UA College of Public Health	Medical Practices
Danielle Kosen	Cenpatico	Referral and Treatment
Danna Whiting	Pima County Behavioral Health Department	Referral and Treatment
David Delawder	UA College of Medicine	Medical Practices
David McPherson	Walgreens	Community Awareness
David Sanders	Pima County Adult Probation	Referral and Treatment
Debbie Krueger	Connections	All
Dee Dee Franco	MHC Healthcare	Medical Practices
Dennis Regnier	CODAC	Referral and Treatment
Diana Lobos	Community Health Association	All
Don and Kathy Seymour	AARP Arizona	Referral and Treatment
Donna Zazworsky	Catholic Community Services	Referral and Treatment
Dorothee Harmon	Pima County Community Development	
Elvia Lopez	University of Arizona	Medical Practices
Emily Waldron	American Lung Association in Arizona	Community Awareness
Everett Neace	La Frontera	Referral and Treatment
Gertha Sicobo	Pima Council on Aging (PCOA)	Community Awareness
Gregory Rivera	Pima County Health Department	Community Awareness
Gregory Taylor	Cenpatico	Referral and Treatment
Haley Biehler	Touchstone Health Services	All
Haley Horton	Community Medical Services	All
Heather Armstrong	Pima County Juvenile Courts	All
Heather Reed	ASU School of Social Work - Tucson	All
James Scott	Tucson Police Department	Medical Practices
Jan Howard	Strongpoint Marketing	Community Awareness
Janet Putnam	The Haven	Referral and Treatment
Jessica Fraley	NAMI of Southern Arizona	Referral and Treatment
Jesus Ruiz	Chicanos Por La Causa	Community Awareness



Substance Misuse & Mental Health Roster

Name	Organization	Task Force
Jill Collins	Community Bridges, Inc	All
Johanna Duffek	PPEP Inc.	Community Awareness
John Leavitt	Tucson Police Department	Medical Practices
John Rooney	Pima County Adult Detention Center	Referral and Treatment
John Zimmerman	Arizona Department of Corrections	Referral and Treatment
Joyce Morgan	The Haven	Referral and Treatment
Judge Jiron	Pima Reentry Center	All
Judy Clinco	Catalina In-Home Services	Medical Practices
Juston Knight	Cenpatico	Referral and Treatment
Kali Van Campen	Pima County Juvenile Court Center	All
Karen Ring	Pima Council on Aging (PCOA)	Community Awareness
Karin Merritt	Pima County Health Department	Community Awareness
Karin Ulich	Cenpatico	Referral and Treatment
Karla Avalos	City of Tucson Mayor's Office	Community Awareness
Kate DeMeester	Pima County Public Library	Community Awareness
Kate Meyer	PPEP Inc.	Community Awareness
Kathleen Dostalick	Banner Health	Medical Practices
Kathy B	El Rio Health	Referral and Treatment
Kathy Konecny	Pima County Public Library	Community Awareness
Keith Boesen	UA Poison Control	Community Awareness
Kevin Hall	Tucson Police Department	Medical Practices
Kevin Walters	Feng Shui Planning	Community Awareness
Kimberly Chimene	Northwest Medical Center	Medical Practices
Kira Eicher	La Frontera	All
Kristy Garcia	Caremore	None at this time
Kyia Munoz	Our Family Services	Referral and Treatment
Larry Munguia	SOBER Project	Community Awareness
Laura Morehouse	Poison Control	Referral and Treatment
Lauryn Shannon	Sonora Behavioral Health Outpatient Services	All
Lee Itule-Klasen	Pima County Health Department	Community Awareness
LeeAnn Landphair	Sonora Behavioral Health	Referral and Treatment
Lenn Ditmanson	Banner University Medical Center	Referral and Treatment
Linda Leatherman	Pima County Community Development	Community Awareness
Linda Weinberg	Cenpatico	Referral and Treatment
Lori Aldecoa	Emerge! Center Against Domestic Abuse	Referral and Treatment
Lori Groenewold	Tucson Medical Center (TMC)	All



Substance Misuse & Mental Health Roster

Name	Organization	Task Force
Marely Lievanos	Easter Seals Blake Foundation	Community Awareness
Margie Balfour	Connections AZ, Inc.	Referral and Treatment
Margie Mortimer	Community Advocate	All
Maria Luisa Ruiz Luna	Pima County Health Department/Wellways	Community Awareness
Mariah Hile	Aurora Behavioral Health System	All
Mark Person	Pima County Behavioral Health Department	Referral and Treatment
Mary Carter	Pima Association of Governments	Community Awareness
Mary Specio-Boyer	COPE Community Services	Referral and Treatment
Maureen Accurso	Pima County Family Drug Court	All
Melissa Quezada	AZ Center for Rural Health	Medical Practices
Melissa Shafer	Carondelet	Medical Practices
Michael Ford	South Tucson Police Department	Medical Practices
Michael Santavicca	Drug Enforcement Administration	Medical Practices
Michael White	Community Medical Services	All
Nancy Johnson	El Rio Health	Referral and Treatment
Natalie Callahan	South Tucson Police Department	Medical Practices
Natalie George	Touchstone Health Services	Referral and Treatment
Patricia Harrison-Monroe	Banner Health	Medical Practices
Paul Appleby	Counseling and Consultants Etc.	Referral and Treatment
Raquel Aviles	Pascua Yaqui Health Department	Referral and Treatment
Raquel Goodrich	National Institute for Civil Discourse	Community Awareness
Raul Munoz	Pima County Health Department	Referral and Treatment
Rema Hamdan	Higher Ground	Community Awareness
Rhonda Bodfield	Tucson Medical Center (TMC)	Medical Practices
Robert Wild	NAMI of Southern Arizona	Referral and Treatment
Roberto Lopez	UA Health Sciences Library	Community Awareness
Roseanne Nguyen	Pima County Health Department	All
Sam Kirschbaum	HOPE Inc.	All
Sandra Leal	SinfoníaRx	Medical Practices
Scott Van Valkenburg	Cenpatico	Referral and Treatment
Sheila Swech	Homewatch Caregivers	Medical Practices
Siobhan O'Boyle	COPE Community Services	Referral and Treatment
Sister Michelle Humke	St. Elizabeth's Health Center	Medical Practices
Stacey Byers	Horizon Health and Wellness	All
Stacey Cope	Sonoran Prevention Works	Referral and Treatment



Substance Misuse & Mental Health Roster

Name	Organization	Task Force
Stephania O'Neill	To Our Health!	Referral and Treatment
Stephanie Noriega	Emerge! Center Against Domestic Abuse	Referral and Treatment
Steve Lee	CODAC	Referral and Treatment
Steve Nash	Tucson Osteopathic Medical Foundation	Medical Practices
STR Outreach Team	HOPE, Inc.	All
Susan Arnold	HOPE, Incorporated	Referral and Treatment
Susan Hadley	COPE Community Services	Referral and Treatment
Susan Towne	Pima County Juvenile Court	Community Awareness
Susannah Castro	The Cree Project	Community Awareness
Symone Gittens	Arizona Serve	Community Awareness
Tawnya Tretschok	Carondelet	Medical Practices
Teri A. Harnisch	Arizona Medical Association	Medical Practices
Tom Baca	Community Partners, Inc.	Community Awareness
Tom Dickson	Banner Health	Medical Practices
Tony Smith	Cenpatico	Referral and Treatment
Tyler Bien	Americorps Vista	Community Awareness
Valeria Arballo	Dependable Health Services	Community Awareness
Valeria Marcum	Dependable Health Services	Community Awareness
Zoe Smith	Tucson Medical Center (TMC)	Referral and Treatment