

THE DEDHAM COALITION FOR ALCOHOL AND DRUG AWARENESS

March 11 2014

Goals for the Presentation

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- Raise awareness and educate residents about substance use problems in our community
- Share information about the Dedham Coalition for Alcohol and Drug Awareness
- Discuss with residents what they believe will most help the community come together to address this important public health issue

Perspective

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- Substance use disorder and related conditions are our nation's number one public health problem
- Across New England and Massachusetts substance use disorder has climbed dramatically the past decade
- Norfolk County recorded 60 overdose fatalities in 2013

Perspective

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- In response to the growing problem many towns have formed coalitions to reduce drug and alcohol problems through education and assistance programs. They include Avon, Braintree, Brookline, Dover, Quincy, Weymouth, Sharon, Needham, Walpole, Stoughton, Medfield and Foxboro
- Last year Selectmen, along with representatives from the Schools, Health Dept., Youth Commission, Parks and Recreation and Police visited some nearby towns
- In January 2014 Dedham's Selectmen voted to establish a coalition

The Definition of Addiction

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- Drug Addiction refers to the condition in which a person has shown one or more of the following important psychological or physical signs and symptoms:
- Has developed a tolerance to drugs or alcohol- meaning it takes more and more of the substance over time to achieve the desired effect
- Experiences psychological or physical withdrawal symptoms after halting use of the drugs or alcohol they had been using habitually
- Is unable to stop using alcohol or drugs even after repeated attempts
- Ingests dangerous amounts of the drug in question

The Definition of Substance Abuse

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- Substance Abuse refers to the condition in which an individual exhibits one or more of the following behaviors over a 12-month period:
 - Performance at work or school suffers as a result of drug or alcohol use
 - Takes part in reckless behaviors associated with the use of drugs or alcohol that endangers their safety as well as the safety of others (i.e. driving while intoxicated)
 - Continuing to use the substance even though it is causing stress and strain on personal relationships
 - Having legal problems, financial problems, or problems with police as a result of alcohol or drug use

Understanding the Difference Between Substance Abuse and Addiction

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- The most important thing to know about the difference between these two conditions is that Substance Abuse can lead to Addiction (and not the other way around)
- This is why it is so important, especially when young people are involved, to help address the issue of Substance Abuse before it grows into a much more significant problem
 - ▣ Early detection and intervention is likely to shorten impact
- With certain groups of people, such as teenagers, women, and dual diagnosis patients, the shift from Substance Abuse to Addiction is much faster and therefore the problem needs to be identified and addressed much more quickly

What the Police See

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- Last year, Dedham Dispatch received 41 calls for apparent substance overdose incidents. 5 were fatal.

Overdose Calls into Dispatch - 2013

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Age	Female			Male		
	Total Calls	Of Which were Heroin	Fatalities	Total Calls	Of Which were Heroin	Fatalities
<20	5	0	0	1	0	0
20-29*	5	2	0	10	7	0
30-39	5	2	1	4	0	1
40-49	2	0	1	2	0	1
50-59	1	0	0	2	1	1
60+/unk	2	0	0	2	0	0
Total	20	4	2	21	8	3

*Including 2012, the 20-29 age group accounted for 31 of 77 episodes, or 40%.

Substances That Play a Role in Substance Abuse and Addiction

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- Heroin
- Prescription Opiate Painkillers
 - ▣ Oxycodone is the drug
 - Percocet 30's
- Stimulants –
 - ▣ Adderall, Ritalin
- Alcohol
- Other Drugs
 - ▣ Benzodiazepine, Xanax, Klonopin, Suboxone
- Cocaine
- Marijuana

Call into Dispatch 2013 - Details

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Age	Gender	Suspected Substance	Notes
40-49	F	Klonopin	
50-59	M	Heroin	Unresponsive
20-29	F	Cough medicine	
20-29	M	Heroin	
40-49	F	Rx/alcohol	Recent Rx change
40-49	M	Mix drug intoxication, oxygen displacement	Deceased, info from death cert, occurred at Hotel
20-29	F	Rx	Unresponsive, new Rx
40-49	M	?	
60+	F	Rx	Feeling depressed, ingested excess Rx
20-29	M	Heroin	Unresponsive, Narcan used
30-39	M	Rx	Deceased, recent attendance at rehab
30-39	F	Heroin	Deceased, released from prison weeks prior
20-29	M	Heroin	Narcan used, clean for 2 months prior
<20	F	Rx-Benzonatate	Had recent surgery
20-29	M	Rx-Clonazepam	
20-29	M	Rx-mood stabilizer	Mental health issues, ingested 15-20 times dosage
30-39	M	Alcohol/valium	Patient has history of alcohol issues
50-59	M	Combined ethanol,cocaine, opiate, fentanyl	Deceased info from death cert.
30-39	F	Sleeping pills	
20-29	M	Heroin	Unresponsive, left rehab week ago
?	M	Rx-anti depressant	Patient refusal, ingested 2 times dosage
20-29	M	Heroin	
30-39	F	Opioids, ethanol, benzodiazepine, ibuprofen	Deceased, info from death cert, checked self out of hosp against medical advise day before, found in hotel

60+	M	Rx-alcohol	
<20	M	Rx-liquid morphine	Stole grandmothers Rx
60+	F	RX-blood pressure/cholesterol	Accidental, dementia issue, ingested 2 days dosage
20-29	M	Heroin	Unresponsive, Narcan used, second time for patient during 2013
<20	F	Rx-anti depressant	
30-39	M	?	
20-29	F	Heroin	
30-39	F	?	
20-29	M	Heroin	semi-concious, relapse after 8 months clean
<20	F	Zyrtec	Suicidal, ingested 30 pills
20-29	M	Heroin	Cardiac arrest
20-29	F	Fluoxetine	Feeling depressed, ingested 8 times dosage
20-29	F	Heroin	Unresponsive, Fallon revived
<20	F	Trazodone	Depression
30-39	F	Klonopin	Feeling depressed
30-39	F	Xanax/Heroin	Narcan used
<20	F	RX-Hydromorphine	Feeling sad, ingested family members Rx
50-59	F	Rx	Semi-concious, past OD's, mental health issues
		Total OD incidents from Dedham Police records and death certificates for 2013:	

What puts people at risk for Opioid Overdose?

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- ❑ Mixing opioids with alcohol, benzos, and/or cocaine
- ❑ Variation in strength and purity
- ❑ Tolerance changes: not using in awhile, been in treatment or in jail
- ❑ Using alone
- ❑ Other physical problems such as asthma, weight loss, liver problems

What you can do to help prevent prescription drug abuse

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- Maintain control of prescription and over the counter medications
- Supervise your children when they are taking medications
- Monitor the number of pills or amount of medicine in each bottle
- Lock up medications in a place where others can't easily access
- Talk to your children about the importance of taking medication only as prescribed to them
- Share and discuss this information with friends, Grandparents and other caretakers
- Always follow doctor instructions about how and when to take medication

Current Activities

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- Much of the work being done elsewhere has been underway in Dedham for quite some time.
- The Schools' Health curriculum has addressed the topic for decades
- The Youth Commission, Parks and Recreations and Police have many, many organized activities for our youth.
- The Board of Health and Police collect surplus prescription drugs

Some of the Public Schools' Programs

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- 1. We provide guest speakers on the subject (last year Chris Herren). This year we have Kevin Brooks who will meet with parents on March 26th and with students on March 27th..funded by Parent group, Dedham Police, Youth Commission.
- 2. We provide comprehensive health curriculum which includes units at each level taught on age appropriate substance abuse topics.
- 3. We provide a substance use intervention program for high risk youth at the High School. This program is led by the Caron Group (a comprehensive addiction group) and our psychologists. This is our fourth year.
- 4. We collaborate with community members (Youth Commission, police, community business members, school staff, etc) through the School Health Advisory Council (SHAC), with a focus on substance and drug issues.
- 5. We have students in grades 6-12 complete a "Communities that Care" survey...the results should be in shortly. This survey addresses not only risky behaviors but also protective factors.

RX Drug Collection day

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Benefits of a Coalition

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- The value of the coalition is that it brings stakeholders together regularly to exchange information and ideas that allow continued adjustments to changing circumstances.

Mission

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- The mission of the Dedham Coalition for Alcohol and Drug Awareness is to increase awareness of substance abuse within the community and enhance communication between parents, youths, educators and residents utilizing evidence-based data in order to promote education, encourage prevention and provide access to resources

Organization Coalition

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- Board of Health –
- Police and Fire
- Parks and Recreation, Youth Commission
- School Dept
- Council on Aging
- Selectmen
- Interested Community Members- parents, other residents, faith based groups

Approach

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- Monthly meetings
- Agenda will be combination of data review, activity updates, priority setting and planing
- Information regarding best practices will be featured
- Major themes will include: Access to Substances, Education, Treatment

Residents Suggestions and Comments

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- What do you hear from your family, friends and neighbors?
- Often there is a stigma attached to substance use disorder. How do we overcome that?
- Are there other groups that can help us reduce this problem?
- Other comments are welcome.