

Opiate and Substance Use Prevention

Christine Theriault

Maine CDC

Tobacco and Substance Use Prevention and Control Program

May 22, 2017



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Opiate Addiction.... Where does it begin?

- Prescriptions for pain medication: 12.7% of new illicit drug users began with prescription pain relievers. (NSDUH)
- Initiation of use of other substances: such as alcohol, marijuana, other drugs.
- Misperception by many that prescription drugs are not dangerous.
- Access/Availability: More than half of people aged 12 or older in who used pain relievers for non-medical reasons in the past year got them from a friend or relative (SAMHSA, 2011/2012)
- Past trauma or Adverse Childhood Experiences

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Alcohol



- Tobacco and Alcohol are more likely the first substances that youth try.
- About two-thirds of people aged 12 or older reported that they drank alcohol in the past 12 months, (2014, NSDUH)
- Each year, approximately 5,000 youth under the age of 21 die as a result of underage drinking.
- Alcohol is the most widely used substance of abuse among America's youth (National Institute of Health)
- Alcohol is the most dangerous and most damaging drug to the unborn child.

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Marijuana

- Effects include problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination. Among youth, heavy cannabis use is associated with cognitive problems and increased risk of mental illness (SAMHSA, 2017)
- Approximately 22.2 million people aged 12 or older reported using marijuana in the past month (NSDUH, 2015)
- Increased access and availability due to medical marijuana programs, legalized recreational use of marijuana.
- Low perception of harm
 - “Marijuana is not as harmful as alcohol” messaging
- Increased access to edibles (with higher concentrate of THC)
- Electronic cigarettes/Vaping: Marijuana use

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States with Current Recreational Use of MJ Laws

Colorado (2012)
Washington (2012)
Oregon (2014)
Alaska (2014)



As of 2016:

- Nevada
- Massachusetts
- Maine
- California

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Current Policy Landscape: Marijuana In Maine

- **November 2009- Medical Use of Marijuana Program**
- **November 2014- Citizens Initiative-So-Portland**
- **November 2016- Citizen's Initiative Referendum:**
Marijuana Legalization Act passed by Maine voters (Legalizes use, possession, cultivation and retail sale of marijuana products by/to individuals 21 years of age and older. Became legal on January 30, 2017.)
- **January 2017- (LD) 88:** signed into law by Governor-
delays implementation of major portions of the Act until 2/1/18 including:
Retail sale of marijuana products.
- **January 2017- Governor's Executive Order 2017-002:**
Signed on January 30, 2017, directing that rulemaking authority for the Marijuana Legalization Act be delegated to the Maine Bureau of Alcoholic Beverages and Lottery Operations

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Current Policy Landscape: Recreational Marijuana

Currently Legal in the State of Maine:

Person 21 years of age or older may:

- A. Use, possess or transport marijuana accessories and use, possess or transport up to 2 1/2 ounces of marijuana or a combination of marijuana and marijuana concentrate, which may include no more than 5 grams of marijuana concentrate.
- B. Transfer or furnish, without remuneration, up to 2 1/2 ounces of marijuana or a combination of marijuana and marijuana concentrate, which may include no more than 5 grams of marijuana concentrate, and up to 6 immature plants or seedlings to a person who is 21 years of age or older.
- C. Possess, grow, cultivate, process or transport up to 6 flowering marijuana plants, 12 immature plants and unlimited seedlings, and possess all the marijuana produced by the plants at the adult's residence.

-Maine Public Law, Chapter 1, 2017:

<http://legislature.maine.gov/bills/getPDF.asp?paper=HP0066&item=3&snun=128>

*Portions of the law related to retail sale will begin February 1, 2018.

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Marijuana Public Health and Policy:

Takeaways From Legalized States

Issues Related to Public Health and Safety:

- Make sure public health is “at the table early”
- Expect some issues around impaired driving
- Ensure mechanisms are in place to monitor health effects of marijuana through epidemiological surveillance (surveys of use, monitor EDs/ERs, law enforcement data, etc.)
- Edibles, Ingestions, Packaging
- Concentration, Potency, and Product Testing (THC content)

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What is this thing called PREVENTION?

**SAY
NO
TO
DRUGS**



DRUGS
ARE
BAD ...
MMM KAY?



**JUST
SAY
NO**

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Substance Use Prevention

<u>INCREASE</u>	<u>DECREASE</u>
Protective Factors	Risk Factors
Parental Modeling and Monitoring	Access and Availability of Substances
Perception of Harm	Stigma Related to Addiction
Perception of Getting Caught	Adverse Childhood Experiences
Coping Skills and Resilience	Opportunities for Use

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THIS THING CALLED PREVENTION...

How do we do this:



Prevention Strategic Approaches

- Environmental- Change social norms, create policy to reduce access/availability
- Information Dissemination- Share information on the risks/dangers of use.
- Community Based Process- Identify community level needs and gaps in services.
- Problem Identification and Referral- Screen for substance use and refer to services.
- Education- Offer community and school education programs
- Alternatives- Promote youth engagement and empowerment

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THIS THING CALLED PREVENTION...

How do we do this:



Individual

Family

Community

Society

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Opiate Addiction Prevention: Best Practice

- Reduce amount of prescriptions given for pain medication.
- Reduce amount of pills dispensed (access/availability)
- Increase provider education about opiate addiction.
- Implement alternatives to pain management.
- Utilize Prescription Monitoring Programs (PMP)
- Educate individuals on safe storage/disposal of medications.
- Implement drug take back events.
- Educate individuals about the risks associated with opiate prescriptions.



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Prevention of Substance Use: What can we all do?

Addiction is powerful... how can we all help families?

- Promote the use of early screening.
- Help individuals build a relapse prevention plan.
- Help individuals connect to recovery supports.
- Be mindful of your language and impact on stigma.



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Prevention of Substance Use: What can we all do?

- Address use, impact, and impairment, not amount or legality.
- Prevention of Adverse Childhood Experiences (ACES)
- Increase parent and child protective factors.
- Consider services vs. punitive measures.
- Workforce Development: Addiction, Substance Use, ACES



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Resources

- Federal CDC:
<https://www.cdc.gov/vitalsigns/prescription-drug-overdoses.html>
- Federal DEA AND DOE publication:
<https://www.getsmartaboutdrugs.gov/publications>
- Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov/>
- National Institute of Health:
<https://www.nih.gov/>
- Maine 2-1-1:
<http://211maine.org/>



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Questions?

Christine Theriault, LMSW
Program Manager
Tobacco and Substance Use Prevention and Control
Maine Center For Disease Control & Prevention
207-287-8917
Christine.Theriault@maine.gov



Paul E. LePage, Governor Mary C. Mayhew, Commissioner

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