



DEPARTMENT OF MENTAL HEALTH

DIVISION OF BEHAVIORAL HEALTH

DBH Opioid Crisis Strategies:

An Update to the Mental Health Commission

January 12, 2017

Strategies to Impact the Opioid Crisis

The Division has been working for more than ten years to improve service quality and update the service system.

- Importance of individualized care by getting away from “cookie cutter,” standardized programming and overutilization of time-limited residential services (28, 30 days).
- Emphasis on Medication Assisted Treatment (MAT) for individuals with Alcohol Use and Opioid Use Disorders.
- Expansion of the service menu to enhance care for all with SUDs, but there have been opioid specific strategies.

Strategies to Impact the Opioid Crisis

- **Provider training:**
 - Docs/medical staff
 - Physician Institute
 - Providers Clinical Support System MAT
 - Dr. Stanislaus' provider visits
 - Past and future MAT/SUD training through Coalition for Nurse Care Managers in Healthcare Homes
- **All staff:**
 - Spring Training Institute
 - Coalition's annual conference
 - Upcoming training through Coalition on SUD/MAT

Strategies to Impact the Opioid Crisis

- **Application/implementation of targeted grant funds/opportunities:**
 - Medication-Assisted Treatment Prescription Drug and Opioid Addiction (MAT PDOA)
 - Missouri Heroin Overdose Prevention and Education (MO HOPE)
 - Comprehensive Addiction and Recovery Act (CARA)
 - Certified Community Behavioral Health Clinics (CCBHCs)
 - (pending) Opioid Crisis Grant

Strategies to Impact the Opioid Crisis

- **Partnering with other departments and stakeholders:**
 - Multi-state regional meetings – “Regional Meeting for States on Prescription Drug Misuse and Overdose” (PEW, SAMHSA)
 - Dept. Health and Senior Services Prescription Drug Misuse Workgroup
 - Pre-release Vivitrol medication to offenders in partnership with Dept. of Corrections and St Louis City Drug Court
 - Training to treatment court administrators and judiciary
 - Ensuring access to MAT meds through Medicaid
 - Behavioral Health Network’s overdose outreach project

Strategies to Impact the Opioid Crisis

- **End Rx Misuse Campaign**
- **Partnerships for Success Grant**
 - Addressing risk and protective factors in SE Missouri
 - Be Under Your Own Influence Campaign - statewide
- **NCADA-St. Louis Prevention Efforts**
 - Curiosity + Heroin Campaign
 - Other public education efforts
- **Statewide Prevention Efforts**
 - Safe disposal (take backs, deterra bags, drop box)
 - Advocacy (including for a PDMP)

Strategies to Impact the Opioid Crisis

- **Participating in a “junior” Prescription Drug Monitoring Program (PDMP) with Medicaid:**
 - “OPI” – Opioid Prescription Intervention
 - Uses Medicaid claims data
 - Identifies outliers on indicators (doc and patient) which results in mailings to docs statewide
- **Provider partnerships with Federally Qualified Health Centers (FQHCs), local docs:**
 - Addresses needs on local level
 - Promotes community partnerships and leveraging of resources
 - Implementing telehealth

Strategies to Impact the Opioid Crisis

- **Expanding network of Medically Monitored Inpatient Detoxification (MMID)**
 - Ozark Center, Preferred Family Healthcare, Gibson, Bridgeway (PFH), Heartland
 - Family Counseling Center - Behavioral Health has current plans for this year
 - At least one provider is looking at opening a new MMID through the CCBHC PPS demonstration
 - Potential for exploring MMID beds at the KC Assessment and Triage Center

Strategies to Impact the Opioid Crisis

- **Info blasts to providers:**
 - Frequent barrage of info re: webinars, on-line resources, trainings
 - DBH has long been messaging the use of Evidenced Based Practices (EBPs)
 - MAT discussion since 2008 – requirement of continued certification
 - Quarterly data sent to SUD providers (outcomes, retention, MAT, etc.)

Strategies to Impact the Opioid Crisis

- **Cleaning up our language:**
 - Studies show negative language can cause negative impacts
 - Forces consideration of our own biases

“CLEAN” AND SOBER

ABUSE

ADDICT

“DIRTY”

Druggie

UA

Medication-Assisted Treatment Prescription Drug and Opioid Addiction Grant (MAT PDOA)

This Substance Abuse and Mental Health Services Administration (SAMHSA) grant was awarded to the DBH in 2015 and is designed to expand access to MAT for those with opioid use disorders.

- Used data to identify two high risk areas: suburban St Louis and SA 17 (8 rural counties in southeast Missouri)
- Bridgeway/Preferred Family Health Care and Southeast Missouri Behavioral Health – adding Queen of Peace this month
- \$1 million/year for three years
- Hope to serve over 600 individuals
- Focus on an integrated care, disease management model for SUDs, including outreach and peer support
- Want to increase long term utilization of MAT in accordance with evidence base

Missouri Heroin Overdose Prevention and Education Project (MO-HOPE)

The SAMHSA **Opioid Overdose Prevention Grant** awarded to the DMH will directly address the regional heroin/opioid crisis in several ways, including:

- Coordinated strategies to prevent opioid overdose deaths
- **Provision of naloxone (Narcan), a medication that immediately reverses the effects of an opioid overdose**
- **Training on how to administer naloxone**
- Enhanced data capture
- Increased public awareness of overdose risks
- A full-time counselor to assist with trainings, offer assessments and referrals to treatment



Target Areas

Priority area is Eastern region, primarily St. Louis City and St. Louis and Jefferson Counties. Over the course of the grant, distribution priorities may adjust.

Distribution plan includes 3 tiers:

- First responders – including police departments, ambulance services, and fire departments.
- Any institution that has direct contact with individuals most susceptible to accidental overdose – VA, hospitals, primary care clinics, pain clinics, treatment programs, jails, etc.
- General public



Training for First Responders 11-28-16



Distributed almost 400 doses of Narcan to 8 different agencies and trained almost 40 first responders

Missouri Heroin Overdose Prevention and Education Pilot Program (MO-HOPE)

- MO-HOPE is partnering with the Behavioral Health Network and local treatment agencies to provide Narcan to individuals who have recently experienced an overdose and are enrolling in a medication assisted treatment program.
- This will equip at least 100 individuals with Narcan while they undergo treatment.
- This pilot will inform how we engage with treatment providers in the future as we work to expand the reach and scope of overdose education and naloxone distribution.

State Targeted Response (STR) to the Opioid Crisis

State Targeted Response to the Opioid Crisis Grant is part of the 21st Century Cures Act recently passed by Congress.

The bottom line is simple: decrease the number of people dying of opioid overdoses. Grant specifics:

- Improve access to evidence-based practices in prevention, treatment, and recovery, specific to opioid use and misuse.
- Missouri will receive just over \$10 million, each year for two years.
- Not competitive, but comprehensive application required (due Feb 17). Implementation required within 4 months of award.
- Rachel Winograd, PhD, from MIMH has been designated as the project director, with lots of DBH staff supporting grant efforts.

STR Opioid Crisis Grant

So many options! Missouri is well-poised to develop short and long term strategies for effective use of this funding.

Assets & Opportunities:

- Leverage existing resources, coordinate, don't duplicate
- Capitalize on existing infrastructure and programming to enhance access and cross systems
- Use this grant as an opportunity to “connect dots”

Challenges:

- Narrowing down ideas to specific strategies
- Keeping an eye toward sustainability
- Balancing competing demands (CCBHC, new admin, etc)
- Dealing with limited resources (staff, CIMOR, etc)
- Working within very short timeline

STR Opioid Crisis Grant – Current Plans

This has been an incredibly fast-tracked project so ideas are being generated and discussed daily!

Prevention

- Increase naloxone (Narcan) training and distribution
- Engage pharmacies in education and outreach efforts
- Implement community-based prevention in STL and Springfield

STR Opioid Crisis Grant – Current Plans

Treatment

- Increase dollars available for MAT (buprenorphine, methadone, Vivitrol)
- Develop training and technical assistance teams to help establish successful MAT clinics
- Expand prescriber network by promoting linkages (buprenorphine docs, FQHCs, Opioid Treatment Programs)
- Offer ongoing prescriber support (Extension for Community Healthcare Outcomes – “ECHO”)
- Engage individuals in ERs following overdose

STR Opioid Crisis Grant – Current Plans

Recovery Supports

- Establish four Recovery Community Centers (two in East, one in SW, one in SE)
- Expand access to recovery housing
- Increase use of peer supports (also included in treatment)