

LOOK *up*

*HEALING OUR COMMUNITY
WITH HOPE.*

The Disease of Opioid Addiction

September 12, 2016

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The Lutheran Foundation

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Lutheran
Foundation

**The Lutheran Foundation's vision is
to promote spiritual, mental,
and physical well-being
for all people.**

Mental and Behavioral Health Needs Assessment

Conducted in our ten Northeast Indiana county footprint
(assessment found at www.areyouthebody.com)

Key Findings:

- Both adult and youth noted barriers to accessing mental and behavioral health services
- Stigma associated with mental illness and addiction
- Lack of knowledge of where to go

Assessment Recommendations

- Address combating the stigmatization of mental and behavioral health.
- Address issues of access
- Regional advocacy body to speak to both policy and larger structural issues in mental and behavioral health.
- Make a concerted effort to keep mental and behavioral health issues in the forefront of public, community, and corporate policy development.

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Lookupindiana.org

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HOPE

Mental and behavioral health issues can be a silent struggle. But there's always hope on the horizon. Whether you want to raise awareness, reduce stigma, find help or help others – it's time to Look Up. Then look here for resources, information and providers.

LEARN MORE

GET IMMEDIATE HELP

CONFIDENTIAL & AVAILABLE 24/7



CALL 800-284-8439
OR TEXT LOOKUP TO 494949

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OR
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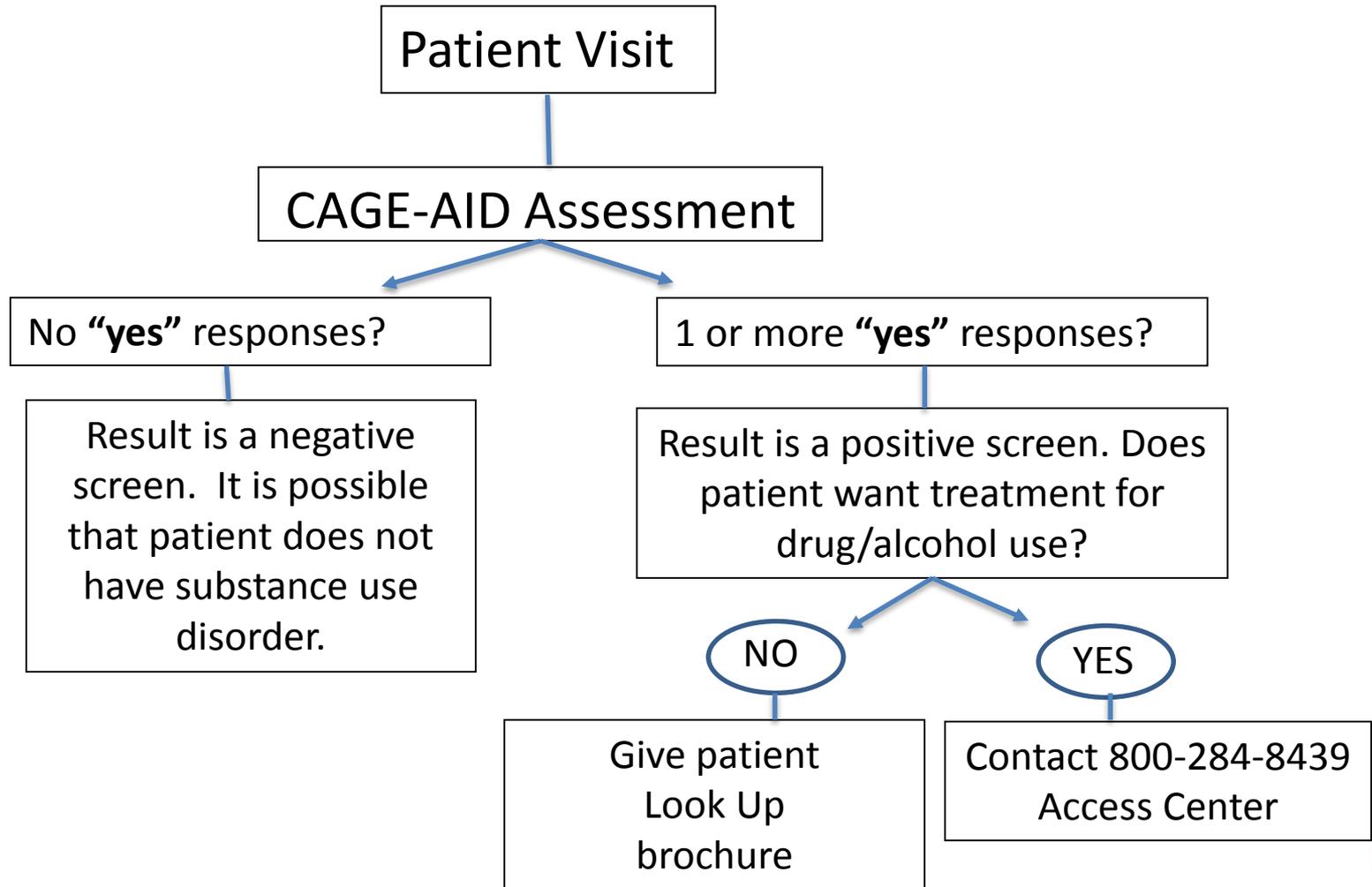


START A CHAT

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Pathway for Substance Use Disorder



CAGE-AID

Purpose: The CAGE-AID (Adapted to Include Drugs) is a version of the CAGE alcohol screening questionnaire, adapted to include drug use. It assesses likelihood and severity of alcohol and drug abuse.

Target Population: Adults and adolescents

Evidence:

- Easy to administer, with good sensitivity and specificity (Leonardson et al. 2005)
- More sensitive than original CAGE questionnaire for substance abuse (Brown & Rounds 1995)
- Less biased in terms of education, income, and sex than the original CAGE questionnaire (Brown & Rounds 1995)

Estimate time: brief, approximately 1 minute to administer and score

Length: 4 questions

Administered by: Patient interview, or self-report

Intended Setting: Primary Care

CAGE-AID

Only 4 questions:

- 1) Have you ever felt that you ought to cut down on your drinking or drug use?
- 2) Have people annoyed you by criticizing your drinking or drug use?
- 3) Have you ever felt bad or guilty about your drinking or drug use?
- 4) Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover?

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Regional Mental Health
Coalition
Northeast Indiana
Launched: March 29, 2016

Objective: Prioritization of mental and behavioral healthcare within our region.



Goals:

- 1) Collaboration of efforts to ensure best mental/behavioral healthcare
- 2) Promotion of collaborative mental/behavioral health messaging
- 3) Promotion of mental/behavioral health conversations and campaigns to reduce stigma
- 4) Prioritizing money for mental health services/resources and to ensure efficiency of resources (reduction of overlap)
- 5) Advocacy for policy and systemic changes

The 5th Vital Sign

In 2001, the Joint Commission rolled out its Pain Management Standards, which helped grow the idea of pain as a "fifth vital sign." It required healthcare providers to ask every patient about their pain, given the perception at the time that pain was undertreated.

Since that time, the U.S. has experienced a surge in opioid prescriptions -- and, subsequently, an increase in overdoses and deaths tied to these painkillers.

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Changes Involving Prescribing Opioids

- ❖ Changes in the Indiana Medical Licensing Board rules, adding [844 IAC 5-6](#) to establish requirements for the prescribing of opioid controlled substances for pain management. Final Rule went into effect November 2014.
- ❖ Advocates are urging the Joint Commission and Centers for Medicare and Medicaid Services (CMS) to scrap policies that can lead to opioid overprescribing, with special focus on the ‘fifth vital sign’ (which requires healthcare providers to ask every patient about their pain). In a [letter to Joint Commission](#), it states: **“Pain is a symptom, not a vital sign.”**
- ❖ Letter to [Medicaid/Medicare](#), asking for removal of pain-related questions from patient satisfaction survey.

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Changes Involving Prescribing Opioids For Dentists

- ❖ Changes in opioid prescribing recommendations for dentists. In summary, their recommendation is: “Safe and effective management of acute and post-operative dental pain is necessary to improve patients’ quality of life and can be accomplished by the use of non-opioids according to clinical studies.”

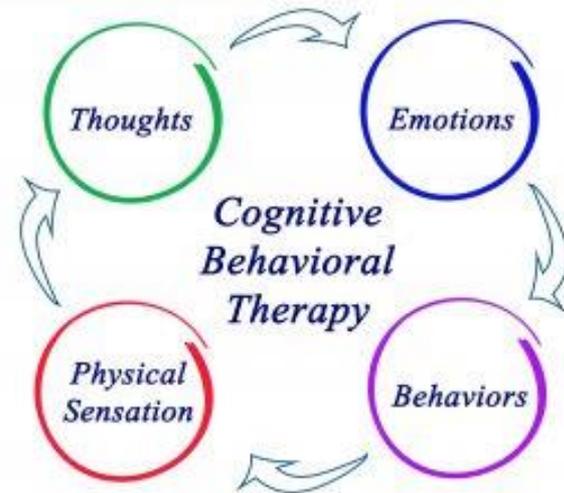
Ideal Solution for Substance Use Disorder Treatment

The use of medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders.

National RX Drug Abuse & Heroin Summit



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Our Medical Community Needs to be a Part of the Solution

On the agenda for the Coalition to focus on:

- 1) Physicians and NPs to help administer the MAT portion of patient treatment, working in collaboration with local mental health providers.
- 2) Medical offices to screen for substance use disorders in their patients. Assessments and pathways for treatment will be on lookupindiana.org.
- 3) Healthcare facilities (hospitals, including ER, and urgent care) to fully understand substance use disorder, and the possibility of relapse that could result in administering an opioid to a patient who is in recovery.
- 4) OB/GYN professionals to screen for substance use disorders with expecting mothers to reduce Neonatal Abstinence Disorder (NAS).
- 5) Medical offices to screen for mental health conditions, and to know that pain can often be a result of a mental health condition (ex: a patient with depression can feel physical pain). Assessments and pathways will be on lookupindiana.org.
- 6) Education on mental health and substance use disorders needs to be expanded to include all medical professionals, and students seeking a career in the medical profession.

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START
THE CONVERSATION.

SILENCE
THE STIGMA.

For more information on Look Up or
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Coalition contact:

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