

# ACTION PLAN

December 10, 2014

**Mission Statement:** Prevent overdose, misuse and abuse of amphetamines and opioids, both prescription and illicit.

## Overall Goals

- Reduce the number of prescription pills in circulation by improving prescribing practices.
- Reduce the volume of unwanted and unused pills to reduce risk of abuse.
- Improve access to treatment and improve treatment strategies.
- Increase community collaboration with a special emphasis on young people to achieve all of these goals.
- Educate and mobilize communities to take action to reduce overdose, abuse and misuse of both prescription and illicit amphetamines and opioids.

## Core Tactics to Achieve These Goals

- Pursue statewide strategies.
- Conduct Regional Summits in collaboration with Coordinated Care Organizations and communities around Oregon.
- Develop Regional Action Plans.
- Help Communities Implement Action Plans and Achieve Regional Goals.

## I. Reducing The Number of Pills in Circulation

### a. Key Statewide Strategies

- i. Support efforts by professional associations, OHSU, and others to build education programs for prescribers.
- ii. Encourage health systems, CCO's, health care providers, Veterans Administration and Third-Party Payers to:
  1. Adopt Prescribing Guidelines for opioids such as those developed by the Southern Oregon Prescribers Group;
  2. Implement best practices on management of persistent pain for providers;
  3. Increase use of non-opioid pain management;
  4. Make PDMP a standard of care to improve its functionality and make it a more useful tool for prescribers.

- iii. Encourage CCO's to explicitly address challenge of Rx Abuse in the Health and Wellness Surveys.
- iv. Work with CCO's to consider which metrics will improve prescriber practices.
- v. Encourage Veterans Administration to engage more fully with PDMP.
- vi. Promote data sharing efforts to improve evaluation of statewide Rx abuse prevention outcomes.
- vii. Promote the implementation of the Emergency Department Information Exchange (EDIE), a hospital data sharing system that tracks ER utilization and helps prescribers identify patients who may be making frequent ED visits to obtain prescription opioids.
- viii. Remove Methadone for chronic pain from OHP formulary [done].

b. Key strategies for Regional Summits and Action plans

- i. Identify and support existing community efforts including:
  - 1. Conducting regional needs assessment prior to the summit to avoid duplication.
- ii. Identify barriers to improved prescribing practices including:
  - 1. Reimbursement
  - 2. Availability of non-opioid therapies for pain management
  - 3. Patient education
- iii. Identify regional practice protocols for prescribers to follow and encourage adoption of prescriber guidelines.
- iv. Expand use of the Prescription Drug Monitoring Program, working closely with state PDMP managers to:
  - 1. Promote policies that encourage full use of PDMP;
  - 2. Outreach by local public health officials.

**II. Reduce the volume of unwanted and unused pills through safe disposal to reduce risk of abuse**

a. Key Statewide Strategies

- i. Under new DEA regulations that remove barriers to disposal of unwanted prescription medications, work with pharmacy chains and nursery chains to make drop boxes more widely available.
- ii. Identify and help remove barriers that have discouraged pharmacies and elder care facilities from actively engaging in collection of disused medications.
- iii. Increase promotional efforts to publicize National Drug Take Back Days sponsored by the DEA.

b. Key Regional Strategies

- i. Work with police and sheriffs' offices to made drop boxes more widely available.
- ii. Develop regional outreach plan to encourage pharmacy and elder care facility participation in collection of disused medications.

### III. Improve access to treatment and improve treatment strategies

- a. Key Statewide Strategies
  - i. Promote integration and new partnerships between physical and behavioral health care at CCO level.
  - ii. Work with CCO's to consider which metrics will improve access to and quality of treatment services.
  - iii. Identify patient misuse and abuse of prescription drugs early through promotion of SBIRT Screenings as well as screenings for youth.
  - iv. Promote co-prescriptions of Naloxone whenever prescribing opioid analgesics.
  - v. Encourage Naloxone rescue programs to implement an intervention protocol that connects opioid overdose victims to treatment services.
  - vi. Expand access to agonist and antagonist therapy for opioid use disorders.
  - vii. Work with CCO's and DEA to reduce barriers for appropriate use of agonist and antagonist medication.
  - viii. Increase the number of physicians authorized to prescribe buprenorphine.
- b. Key Regional Strategies
  - i. Regional Action plan objectives:
    - 1. Work with local health care systems and treatment providers to identify and remove barriers to accessing treatment services
    - 2. Promote use of Naloxone rescue programs for local law enforcement, first responders and treatment providers.

### IV. Educating Communities to Reduce Overdose, Abuse and Misuse

- a. Key Statewide Strategies
  - i. Design and Launch Statewide public education campaign to:
    - 1. Help patients understand the limitations and risks of prescription controlled substances, especially pain medications;
    - 2. Encourage patients to safeguard their medications and dispose of them properly;
    - 3. Increase awareness among young people of risks of prescription drug abuse.
  - ii. Partner with OHSU, professional associations, and Pharmaceutical companies to develop patient education packages.
  - iii. Promote co-prescriptions of Naloxone whenever prescribing opioid analgesics.
- b. Key Regional Strategies
  - i. Regional Action plan education objectives:
    - 3. Educate patients about the risk of Rx, importance of safeguarding medications and disposing of them properly;

4. Educate providers on best practices for prescribing controlled medications.

**V. Increase community collaboration to achieve all of these goals**

- a. Recruit statewide and regional Coalition members through facilitated meetings and presentations to CCO's, Oregon Dental Association, Other Professional Health Associations, Faith based Ministries and School boards and site councils.
- b. Institute media campaign to promote OrCRM prevention efforts and regional summits. Create a separate section on Lines for Life website dedicated to OrCRM, its goals and activities and update quarterly in support of Regional Summits.
- c. Enhance skills, and Provide Information and Provide Support as evidenced by attendance rosters, minutes, volunteer sign in sheets at OrCRM meetings, regional summits and sponsored activities.
- d. Establish Outreach efforts and partnerships with diverse, underrepresented groups including the Hispanic, LBGT, and tribal communities and actively recruit coalition members from these efforts.
- e. Include cultural competency training in Regional Summits on topics related to diversity, special and cultural needs and challenges.
- f. Enhance skills through workshops, trainings, conferences and other professional development opportunities as measured by rosters and post workshop/training feedback.
- g. Host Regional Summits outside the Portland Metro area for local Prescribers, CCO's, prevention, enforcement, treatment and behavioral healthcare specialists, school personnel and the community.
- h. Design a logic model for the coalition efforts and to develop a five year strategic plan.
- i. Evaluation Committee will set up system for collecting quantitative and qualitative data that measures the effectiveness of its action plan by using indicators established in the logic model.