

Regional Advisory Board (RAB) of Community Anti-Drug Coalitions

March 2021 Newsletter

Did you know?

Gov. Holcomb Announces Initiative to Place Overdose Reversal Kits in All 92

Counties. Gov. Eric J. Holcomb announced that the state will partner with Overdose Lifeline, Inc. to increase access to naloxone by purchasing 24/7 accessible Naloxboxes. A Naloxbox is a hard acrylic box, placed on an exterior building wall so anyone can access naloxone at any time. It typically has 6-8 doses of the opioid overdose reversal agent along with instructions on how to deploy the agent. The Naloxbox also contains treatment referral cards. Overdose Lifeline Inc. is an Indiana not-for-profit dedicated to helping, individuals, families and communities battle substance use disorders. Overdose Lifeline, Inc. will be purchase 215 Naloxboxes at the price of \$58,200 with funds made available through SAMSHA's state opioid response grant. This initiative is in addition to the nearly \$1 million funding Gov. Holcomb announced in May 2020 for the distribution of naloxone. (Indiana Department of Health, 2/23/21)

Rates of suicidal thinking and behavior among teens rose 25% or more during certain months last year compared with similar periods in 2019. Among youth ages 11 to 21 undergoing routine suicide risk screening in a pediatric emergency department, researchers found a significantly higher rate of suicidal thinking in March and July 2020, and higher rates of suicide attempts in February, March, April and July 2020, compared with the same months in 2019. A recent report by the CDC found through most of 2020, the proportion of pediatric emergency admissions for mental issues such as panic and anxiety increased by 24% for young children and 31% for teens compared with the previous year. "What parents and children are consistently reporting is an increase in all symptoms - a child who was a little anxious before the pandemic became very anxious over this past year," said Dr. Adiaha I. A. Spinks-Franklin, an associate professor of pediatrics at the Baylor College of Medicine. She said the prolonged stress caused by the pandemic over time hinders the brain's capacity to manage emotions. (drugfree.org, 2/25/21)

34% of young adults report misusing their prescriptions opioids, stimulants, tranquilizers and sedatives. More than 20% of teens who took these substances also said they misused them, the researchers report. The researchers defined misuse as taking a prescription in larger amounts than prescribed, more often than prescribed, for longer than prescribed or in any way that was not specified by their health care provider. Misusing psychoactive substances can lead to overdoses, chemical dependency and even death. The study found taking multiple psychoactive medications greatly increased the chance of misuse. More than 60% of young adults who took more than one psychoactive drug reported misusing at least one of their prescriptions. Among teens, more than 46% with multiple psychoactive prescriptions reported misusing at least one. (drugfree.org, 2/4/21)

81,230 persons have died from drug overdose in the 12 months ending last May, according to the CDC. Overall, drug overdose deaths jumped by 18 percent from the

previous year, with deaths attributed to synthetic opioids increasing 38 percent nationwide and 98 percent in 10 western states. Overdose deaths tied to cocaine use, often involving co-use with opioids, also increased about 26 percent, and deaths linked to psychostimulants increased 35 percent. (ASAM weekly, 2/3/21)

A sizable percentage of individuals reported the use of marijuana and other illicit drugs while driving, a recent study by University of Cincinnati researchers shows. "We need to focus our efforts on drugged driving, in addition to drunk driving, because drugged driving causes such a high level of fatalities, says Andrew Yockey, a researcher at the UC Center for Prevention Science. "Even though less people are driving, drugs are increasing in availability and are being found in more reports of drugged driving in the U.S.," says Yockey. The study found that while 8.52% of adults reported driving under the influence of alcohol, compared to 4.49% who drove under the influence of marijuana, a sizable number of adults used both marijuana and other drugs while under the influence of alcohol. The most commonly reported drugs used while drugged driving are marijuana and opioids, with nearly one in five individuals reporting the use of marijuana while driving a vehicle, according to the CDC. According to the most current data from the National Institutes of Health, in 2016, among people killed in driving accidents that year, 43.6% of drivers who were drug tested and had positive results: 50.5% were positive for two or more drugs and 40.7% were positive for alcohol. (ASAM weekly, 2/9/21)

Beware of highly-addictive Tianeptine, marketed as a dietary supplement.

Tianeptine is chemical that affects mood when used in low doses. In higher doses, it works like an opioid and can cause addiction and other serious side effects. It can also cause withdrawal. Taking high doses of tianeptine can cause drowsiness, confusion, difficulty breathing, coma, and death. Use of tianeptine can cause withdrawal, said to be worse than opioids. Tianeptine is a prescription drug for depression in some European, Asian, and Latin American countries. It is also used for pain, asthma, anxiety, and other conditions, but there is no good scientific evidence to support these uses. Tianeptine is not approved as a prescription drug or dietary supplement in the U.S. (Tall Cop Says Stop)

Data has shown that polysubstance use is common practice among people who use illicit substances. In a national sample, 96 percent of people who were using opioids reported using at least one other non-opioid substance, i.e. methamphetamine, cocaine and alcohol. The number of opioid overdoses involving an opioid and another narcotic increased 200-fold since 2010 and polysubstance deaths surpassed heroin-only overdoses in 2017 with the trend continuing in 2018. Polysubstance use is reportedly being used to mitigate the effects of stimulants, i.e. using alcohol or opioids to counteract the effects of methamphetamine. Other reasons for polysubstance use are to intensify the effects of the drug and/or managing withdrawals from opioids by using substances, such as alcohol or benzodiazepines, to buffer the symptoms. The scarcity of illicit substances in the market due to the COVID-19 pandemic is also an emerging cause for polysubstance use. People are reaching for cheaper more widely available substances in conjunction to hard-to-find expensive drug products. (Indiana Department of Health, 2/16/21)

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