

WHAT YOU NEED TO KNOW:

The Relationship Between: Prescription Opioids and Heroin Abuse

Prescription opioid abuse rates steadily decrease
The prescription opioid epidemic in Tennessee is slowly improving across the state. Since 2011, the state has seen an 8% decrease in hospitalizations for opioid poisonings. There were 395,000 fewer opioid prescriptions reported to the CSMD (Controlled Substance Monitoring Database) in 2015 compared to the peak in 2012. We saw a 14% decline in opioid morphine milligram equivalents (MMEs) dispensed for pain in 2015 compared to the peak in 2012, and a 231% increase in opioid MMEs dispensed for treatment of drug dependence in 2015 compared to 2011. The latter statistic mentioned is an important piece of evidence that should not be misinterpreted. A 231% increase in opioid MMEs dispensed to get people help with addiction indicates our communities in the state of Tennessee are realizing how lethal prescription opioids can be. That little slice of data shows that people really are ready and willing to get better by asking for help. Thus, putting us on the winning side of the prescription opioid epidemic.

Source: TN Mental Health & Substance Abuse Services

Heroin use at an all-time high

Many prescription opioid addicts never make it to the point of reaching out for help. In recent years, Tennessee has adopted policies and procedures that limit and track prescribers of medicine through the CSMD (Controlled Substance Monitoring Database). This was a big step for Tennessee in the prescription opioid epidemic. Tennessee cut back the amount of opioid prescriptions tremendously; however, this is also a major contributing factor to the rise in heroin use at

both the state and local level. According to the KCRFC's (Knox County Regional Forensic Center) most recent Drug Related Death Report, Anderson and Knox County together had 441 drug related deaths from 2010-2013, none of which were heroin related. However, in 2014 and 2015 the two counties combined for a total of 378 drug related deaths and 36 of those were heroin related. After the CSMD limited prescription drugs' social and retail availability, people began searching for an alternative to take place of their prescription opioids. It was inevitable that, without treatment, heroin would be the alternative they were seeking. It is more potent, cheaper, and highly addictive when compared to prescription opioids. A similar report from KCRFC shows the top ten drugs found in drug related deaths per year in Anderson and Knox County from 2010-2015. Heroin is not in the top ten until 2015 it came in at number 5. The social availability of heroin is on the rise while prescription opioids are on the decline. Heroin use is increasing at an alarming rate across the state and will continue to do so until communities and coalitions recognize the gravity of the situation and take steps to ensure illegal substances like heroin are kept out of our communities. As prescription opioid abuse has declined, heroin use has increased. At the state level, reports show Tennessee had a 641% increase in hospitalizations for heroin poisonings since 2009 and a 717% increase in heroin overdose deaths since 2009.

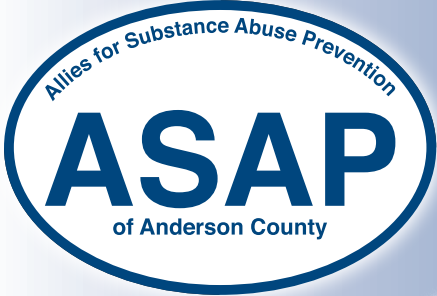
Source: TN Mental Health & Substance Abuse Services, Knox County Regional Forensic Center

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ASAP
QUARTERLY:
Prevention Matters

Newsletter

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FROM THE DIRECTOR

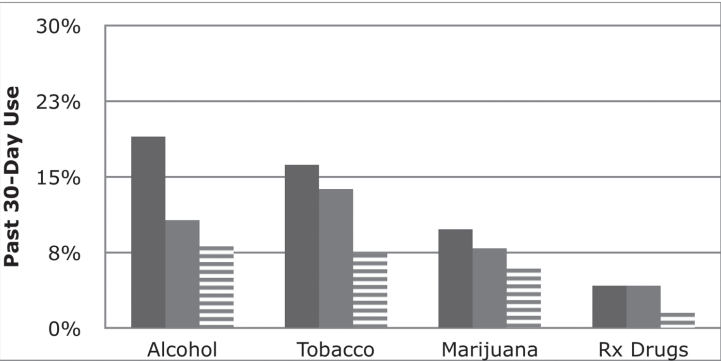
This just in...Anderson County student prevalence of use for all measured substances declines! In collaboration with Anderson County Schools, student surveys were administered in the fall semester to measure risk and protective factors. This student survey is one of three important data mechanisms used to measure adolescent drug use (along with qualitative data from focus groups and listening sessions and archival data from a variety of sources, including juvenile court, law enforcement, medical examiner, EMS, schools, etc.).

Since 2012, adolescent prevalence of use has shown reductions in underage drinking, tobacco use, and marijuana use. The 2016 survey showed further reductions in these substances and for the first time, also noted a reduction in prescription drug abuse.

This incredible achievement is a direct result of the work of our volunteers and the significant collaboration among community partners in Anderson County. National studies have reported that communities that truly collaborate on population-level change see greater results and I believe that is especially true for Anderson County.

A report has been prepared to provide highlights of the student survey and is available online and in print by request. A snapshot of 30-day prevalence of use is illustrated in the chart below.

For each person and agency that has played a role, no matter how large or small, and to our youth who are making healthy choices, THANK YOU! Your contributions have been part of the movement which have initiated significant reductions in youth prevalence of substance use. Let's keep going!



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ASAP UPDATES:



The Rx disposal program continues to produce outstanding results:

December:	186.8 lbs
January:	176.6 lbs
February:	180.8 lbs

Do you want to secure your medicines? We are distributing FREE medicine lock boxes to families throughout the community. Call ASAP at 865-457-3007 or email adam@asapofanderson.org to request a free home medicine lock box!

ALLY ACCOUNT:



Submitted by Gary Terry

In 2009, I was asked by Trey McCoy, a student athlete at our school, to create a team of student athletes to be mentors to their teammates and classmates to help prevent them from underage alcohol and substance abuse. Our first year, our group started with just 8 student athletes and now in our 8th year, with the help of Allies for Substance Abuse Program of Anderson County, we have grown the numbers in our group to over 30 representing all sports, band and NJROTC members. These students lead our school with a stance against underage alcohol and substance abuse. With the help of Stephanie Strutner and Stacey Pratt, our program has grown in our school, and we are headed for our middle schools with the message that we want to rid our county of illegal underage alcohol and substance use by our teens. We have posters showcasing our students who are nominated by their coaches at our school. These posters are showcased at our school, Lake City Middle, and Norris Middle. We stand by ASAP as we join together to bring all sectors of our community to events like football, basketball, baseball and softball events to implement strategies to help and reduce underage alcohol and substance abuse.

I have personally witnessed a transition from students just being aware of illegal alcohol and substance abuse to a commitment to not only staying away from those illegal activities, but an educational plan by these student athletes to help those who need it. Our “I am ONE” team is proactive in not only making the commitment, but to educating their teammates and classmates on the dangers of underage alcohol and drug use. They serve as role models to students in our schools and in our community. They will be a part of the “Read Across America” in our elementary schools this week, and volunteer their time for community service projects as well.

In closing, I would like to thank Stephanie, Stacy, and Adam Guinn for their support of the “I am ONE” Team at Anderson County High School. They have taken a small idea and turned it into something special that has a greater outreach in our school and our county. The “I am ONE” Team is growing at our school and the possibilities are endless for them as they educate our students on the danger of underage alcohol and substance abuse.

RECENT HAPPENINGS:



The 2016 Ally of the Year votes are in!

The 2016 Anderson County Ally of the Year award goes to Dr. Bruce Borchers! The Ally of the Year candidates were Dr. Tim Parrot, Chief Kenneth Morgan, Allen Handley, Dr. Bruce Borchers and Dr. Jim Axmacher. The candidates competed against one another by raising money for ASAP. Each candidate was nominated for the award due to their desire to create a safe and healthy community. The candidates have been excellent role models to the public and display tremendous work ethic to healthy and productive Anderson County. The community voted for their candidate or candidates by making a donation to Allies for Substance Abuse Prevention (ASAP) of Anderson County. Each dollar counted as one vote and in the end of a close race, Dr. Borchers came out on top. Closely behind in second place was Chief Kenny Morgan followed by Dr. Tim Parrot in third place.

This year’s Ally of the Year award was difficult to win. The candidates proved to be great competitors as they conducted their own campaigns, but all of the candidates were united by one goal: to use their leadership, influence and communication skills to raise funds to help prevent and reduce substance abuse efforts in Anderson County. The campaign was very successful in multiple ways. The candidates finished up with just over 4,500 dollars raised in the month long campaign all of which will be used in our communities to support ASAP’s mission of preventing and reducing youth substance abuse in Anderson County by collaborating with community partners to implement effective intervention strategies. Thank you candidates for all your hard work and dedication throughout the community!

SUBSTANCE ABUSE BYTES:



The ASAP Ambassadors have been working this quarter to educate lawmakers on the importance of local control of tobacco policies. If local control is established, cities and counties would have the authority to pass ordinances to limit tobacco use on government owned property such as parks, playgrounds and the local Health Department. These Ambassadors, made up of students from Anderson County, Clinton, and Oak Ridge High Schools have addressed local city council members as well as state

lawmakers this quarter and have done so on their own, exhibiting exemplary leadership. During their trip to Nashville for the Prevention Alliance of Tennessee (PAT) Day on the Hill on February 22, the Ambassadors held meetings with Lt. Governor Randy McNally, Representative John Ragan and Representative Dennis Powers. ASAP would like to thank the Anderson County Health Department, Donovan Harrington, Mary Tuskan and Jen Laurendine for their support.

Notes:



Congratulations To Coalition Members And Partners Recognized At The Annual Banquet In January:

- Jen Laurendine-50 hour Volunteer Award
- Don Howard-50 hour Volunteer Award
- Kim Pouncey-150 hour Volunteer Award
- David Vudragovich-Kris Stults Award (200 hour Volunteer Award)
- Bright Star Care-Responsible Business Award
- Anderson County Health Department-Responsible Business Award
- Clinch River Home Health-Responsible Business Award
- Jay Yeager-Prevention Power Partner

Thanks also to Bill Hall and Don Green, ASAP Board Members who have served six-year terms. ASAP would also like to welcome new board members Chief Kenneth Morgan, Dr. Diane Fabricius, and Kim Pouncey.

Don’t forget, if you haven’t already linked your Kroger Plus card or Amazon Smile account to donate to ASAP, please do so. Every little bit helps!