

THEME: Naloxone Distribution

September 2023: Volume 2, Issue 3

PAGES 2

- What is Naloxone?

PAGE 5-6

- Drug Overdose Surveillance in San Diego County

PAGE 7

- Academic Detailing Survey Feedback
- Provider and Health Systems Survey

PAGE 3-4

- County of San Diego Naloxone Distribution Program

PAGE 7

- Academic Detailing Training

PAGE 9

- Webpage Updates
- Surveillance and Prevention Grant Strategies

San Diego County Overdose Data to Action (OD2A): Importance of Naloxone Distribution

The County of San Diego established its first Naloxone distribution program, in 2018, through the Public Health Services department (PHS), in the County of San Diego Health and Human Services Agency. Free Naloxone kits were received from California Department of Health Care Services (DHCS) through one of its grants. The County established agreements with over 30 organizations throughout the community. These organizations spanned diverse sectors, such as federally qualified health centers, substance use disorder service providers, syringe services providers, law enforcement agencies, faith-based organizations, and schools. PHS assisted each organization in establishing naloxone distribution systems and trained over 73 community staff members, through nine “Train the Trainer” sessions, who in turn trained an additional 1,099 individuals on naloxone administration. Organizations had the option to keep naloxone in key locations to use in the event of an overdose at their office, or to hand out directly to opioid users, or their family members, to use if there was an overdose at home. In partnerships with these organizations, almost 7,000 Naloxone kits were distributed to the community, between 5/11/18 to 2/19/19. By 3/29/2019, over 461 known overdoses have been reversed and lives have been saved. Over time, DHCS decided to streamline the process by having organizations engage directly with DHCS to request the kits.

As November 2019, the Behavioral Health Services (BHS) department, in the County of San Diego Health and Human Services Agency, has led the County Naloxone distribution in the region. In addition to increasing the number and variety of organizations the County has partnered with to disperse Naloxone, BHS continues to perform community outreach. One of the innovative new methods of Naloxone distribution, on which the County is leading the nation forward, is the implementation of vending machines customized to distribute Naloxone and fentanyl testing strips. More information about the County’s current Naloxone distribution program can be found on page four of this newsletter.

This strategy and activity is a success story for the OD2A Grant. The County will continue to collaborate with numerous community partners to build a healthy, safe, and thriving region.

STOP OPIOID OVERDOSE WITH NALOXONE



What is Naloxone?

Strategy 5

Introduction

The overdose epidemic continues to affect communities nationwide, with illicit fentanyl driving a large proportion of these deaths. In San Diego County, opioids are involved in the majority of overdose deaths. In 2021, opioids accounted for 71% of all San Diego County drug overdose deaths, with 812 of the 896 opioid deaths involving fentanyl.

In nearly 40% of overdose deaths, someone else was present. Carrying naloxone could prevent an overdose death and save a life.

Source: Center for Disease Control and Prevention

Overdoses are preventable. With the right tools, bystanders can act to prevent overdose deaths. Anyone can carry naloxone and give it to someone experiencing an overdose; potentially saving a life.

What is Naloxone?

Naloxone is a life-saving medication that reverses the effects of an opioid overdose. It is an opioid antagonist. This means that it attaches to opioid receptors and reverses and blocks the effects of other opioids. Naloxone can quickly restore normal breathing to a person if their breathing has slowed or stopped because of an opioid overdose. Naloxone has no effect on someone who does not have opioids in their system, and while it is a lifesaving medication, it is not a treatment for opioid use disorder.

What are Some Signs and Symptoms of an Overdose?

- ✦ Small, constricted “pinpoint pupils”
- ✦ Non-responsive or loss of consciousness
- ✦ Slow, shallow breathing
- ✦ Choking or gurgling sounds
- ✦ Limp body
- ✦ Pale, blue, or cold skin

During an overdose, breathing can be dangerously slowed or stopped, causing damage or death.

How is Naloxone Given?

Naloxone should be given to any person who shows signs of an opioid overdose or when an overdose is suspected.

HOW TO ADMINSTER NALOXONE

Step 1: Call 9-1-1. Call for emergency help.

Step 2: Give naloxone. Remove naloxone from box, peel back and open nasal spray, tilt the person’s head back, gently insert the tip of nozzle into either nostril, give the dose- empty the entire dose. Move the person to their side and watch them closely.

Step 3: If the person doesn’t respond after 2-3 minutes give another dose of naloxone. More than one dose of naloxone may be needed if opioids like fentanyl are involved.

Step 4: Do rescue breathing/chest compressions and stay until help arrives.



County of San Diego Naloxone Distribution Program

Strategy 5

The County of San Diego (County) is committed to preventing overdose and for this reason has invested in a broad range of work that prioritizes prevention, harm reduction and access to care for those impacted by the opioid crisis. At the core of this effort is the County of San Diego's Naloxone Distribution Program (NDP), which aims to get naloxone into the hands of everyone who needs it by making it as accessible as possible.

On July 1, 2022, the County contracted with the Harm Reduction Coalition of San Diego to expand the County's NDP and saturate the community with naloxone. Through the NDP, the County aims to reduce the impact of substance use by implementing overdose prevention with PWUD, service providers and other community members. Efforts to saturate the community with naloxone include the implementation of naloxone vending machines, the expansion of the County's naloxone distribution provider network and targeted outreach activities. Each vending machine provides access, free-of-charge, to naloxone and/or fentanyl test strips (FTS) by



completing a registration and brief (about 2 minutes), state required online training. Upon completion of the training, an individual receives a pin number that can be entered directly into the machine to access the naloxone and FTS.



Prevention is a crucial component of harm reduction principles. Overdose prevention efforts that focus on education, naloxone training and naloxone access are vital in our efforts to prevent overdoses. Research has demonstrated that broad community distribution of naloxone is associated with a reduction in overdose deaths. For this reason, the County's naloxone distribution efforts have focused on fostering education, supporting training, and increasing access to naloxone and FTS through the facilitation of naloxone education and training events. These education and training efforts provided to various groups and communities have included regionally focused overdose education and naloxone distribution programming to students, parents, guardians, educators, and school staff; education and training sessions for first responders; outreach and real-time

overdose response outreach and distribution efforts in communities disproportionately impacted by overdose; and technical assistance for newly engaged NDP network providers.

To date, CoSD NDP program has expanded its provider distribution network to include **106 distributing partners**, has allocated more than **55,000 kits** to community partners for distribution, and has placed 12 vending machines throughout various locations in the county with an **additional 4 vending machines slated for placement this fall at 4 of the County jails** (Los Colinas, Vista, George Bailey, East Mesa).

Vending Machine Locations

McAlister Institute

Address: 1180 Third Ave, Chula Vista
Hours: Monday through Thursday, 9:00 am- 9:15 pm; Fridays 9:00 am -5:30 pm

T.H. E. C.I.R.C.L.E. by Epiphany

Address: 5081 Logan Avenue, San Diego
Hours: Monday through Friday, 10:00 am-5:00 pm

El Dorado

Address: 1733 Euclid Ave, San Diego
Hours: Monday through Friday, 5:30 am-2:00 pm;
Saturdays & Sundays 6:30 am-10:30 am

Pala Reservation

Address: 34884 Lilac Extension Rd, Pala
Hours: 24 hours a day, 7 days a week

Rincon

Address: 33750 Valley Center Rd, Valley Center
Hours: 24 hours a day, 7 days a week

Yaytaanak Wellness Center

Address: 1389 Browns Rd, Alpine
Hours: 24 hours a day, 7 days a week

Acadia Health Fashion Valley Location

Address: 7545 Metropolitan Dr, San Diego
Hours: Monday, Tuesday, Thursday, Friday, 5:30 am-2:00 pm; Wednesday 5:30 am-12:00 pm; Saturdays 7:00 am-10:00 am

Jane Westin Clinic

Address: 1045 9th Ave, San Diego
Hours: Monday through Friday, 8:00 am - 8:00 pm

Southern Indian Health

Address: 36350 Church Rd, Campo
Hours: Monday through Friday, 8:00 am-4:30 pm

Project Aware

Address: 2733 Lemon Grove Ave, Lemon Grove
Hours: Monday through Friday, 8:00 am-5:00 pm

Father Joe's Villages

Address: 1501 Imperial Ave, San Diego
Hours: 24 hours a day, 7 days a week

Acadia Health Oceanside Location

Address: 1905 Apple St, Ste 3, Oceanside
Hours: Monday, Tuesday, Thursday, Friday, 5:30 am-2:00 pm; Wednesday 5:30 am -12:00 pm; Saturdays 7:00 am-10:00 am



Through these efforts an estimated **35,000** naloxone kits and over **8,000** fentanyl test strips have been distributed directly to community members since July 1, 2022.

Additionally, County Emergency Medical Services (EMS) and the San Diego County Sheriff's Department (Sheriff) have increased efforts to expand access to naloxone through the implementation of Leave Behind Naloxone programs which provide individuals at risk of an overdose, their family, and friends with free naloxone.

Overdoses are preventable; by investing in harm reduction initiatives like naloxone and FTS distribution in ways that engage people on their terms, prioritize human dignity, and provide comprehensive and appropriate care can and will save lives.

For more info on how to access free naloxone, or how to become a County NDP network provider, visit the County of San Diego's [Overdose Data to Action Site](#).



Drug Overdose Surveillance in San Diego County

Strategy 3

The Epidemiology and Immunization Services Branch (EISB) in the Public Health Services department, of the County of San Diego Health and Human Services Agency, launched the Overdose Surveillance and Response (OSAR) Unit in Fall 2023. Several data sources are utilized, including near-real-time, emergency department (ED) data from 16 hospitals; near-real time suspected overdose surveillance data from the Overdose Detection Mapping Application Program (ODMAP); mortality data from the California [Vital Records Business Intelligence System](#) (VRBIS); and non-fatal ED encounter and non-fatal inpatient hospitalization discharge data, from [California Department of Health Care Access and Information](#) (HCAI). EISB routinely monitors the near-real-time ED data through a weekly trend report and daily and weekly aberration detection protocols. *Figure 1* and *Figure 2* below provide data on ED visits for any drug overdoses and drug overdoses by drug, respectively.

In addition, EISB produces reports for public consumption. These include an [Overdose Quarterly Report](#) and a [five-year retrospective analysis](#) of trends in mortality, hospitalization, and ED visits.

Figure 1. Emergency Department Visits for Any-Drug Overdose by Year, Q2 2020 - Q2 2023.

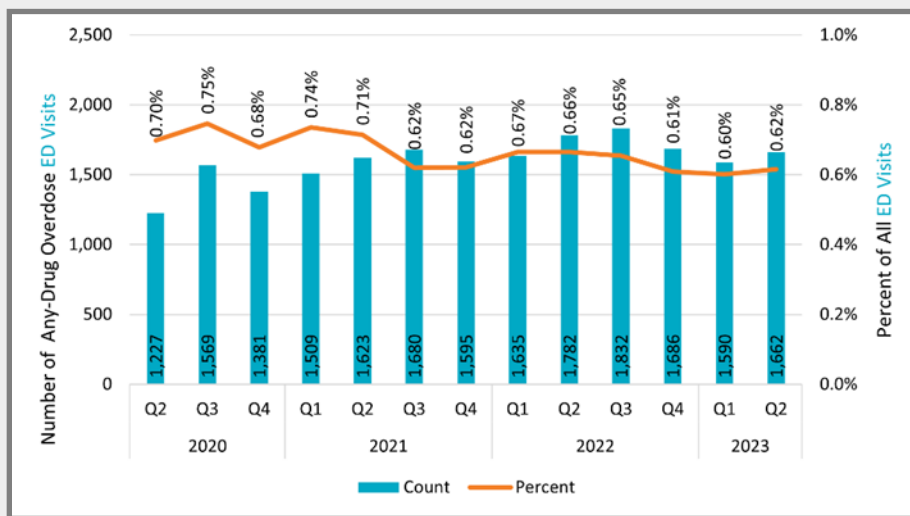


Figure 1 shows the number of all drug overdose related ED visits. The percentage of ED visits for any-drug-related overdoses has stabilized at around 0.6% over the last several quarters.

*Calendar Year

Figure 2. Emergency Department Visits for Drug Overdose by Drug* by Year, Q2 2020 - Q2 2023.

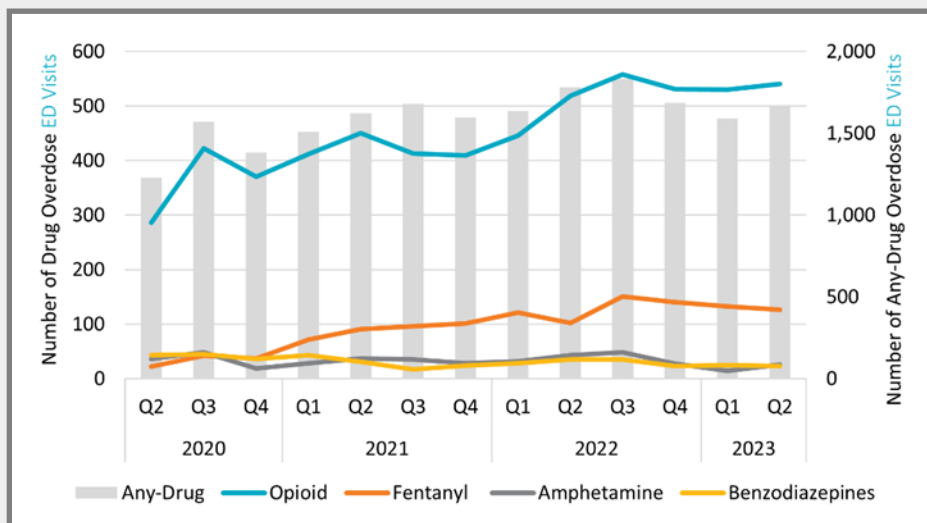


Figure 2 displays the number of ED overdose visits by select drugs.

*Calendar Year

*Drugs are categorized based on key words in chief complaint data and ICD-10 diagnostic codes when available. They may not represent the final diagnosis. Categories are not mutually exclusive; a single ED visit may involve more than one drug category.

Source: Figure 1 & 2: Prepared by County of San Diego Epidemiology and Immunization Services Branch, 2023. Presented in the [Overdose Quarterly Report](#). The next issue of the quarterly report will be published in October 2023.

Each edition of the Overdose Quarterly Report features a different specific topic. The ‘feature topic’ for the last report, issued in July 2023, was **overdoses by race/ethnicity**. The overdoses by race/ethnicity section of the report, as shown in *Figure 3* and *Figure 4* on this page, focused on three-year rolling age-adjusted rates for opioid overdose ED visits and deaths, respectively.

Figure 3. Three-Year Rolling Age-Adjusted Rates of Opioid Overdose HCAI ED Visits by Race/Ethnicity[^]

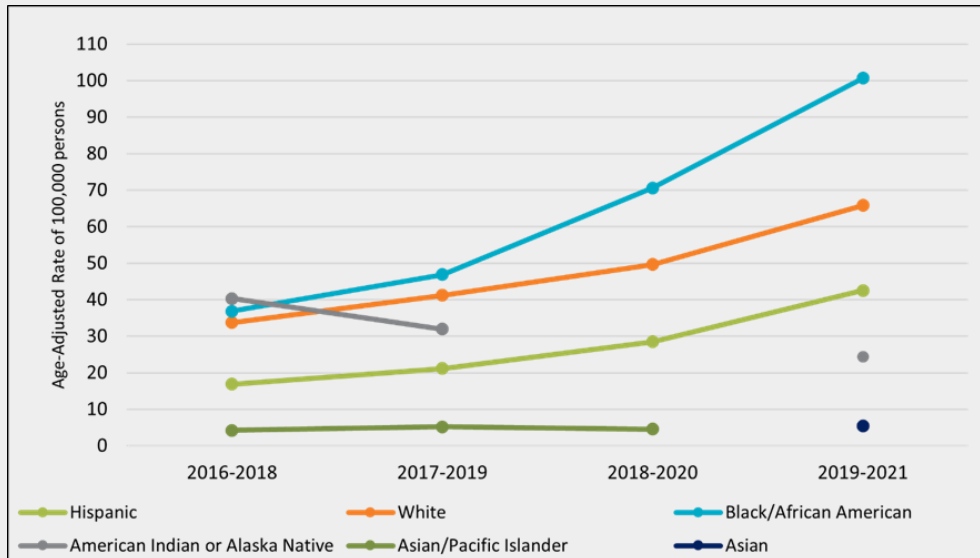


Figure 3 shows the rates of opioid overdose ED visits by race/ethnicity. Opioid overdose ED visits increased sharply among the Black/African American, Hispanic, and White racial/ethnic groups from 2016 to 2021.

Note: [^]Persons of Hispanic/Latino ethnicity may belong to any race group. All categories except Hispanic/Latino include persons who race is known but ethnicity is non-Hispanic or unknown.

American Indian/Alaska Native age-adjusted rates for 2018-2020 are excluded due to cumulative counts <11.

Native Hawaiian/Pacific Islander age-adjusted rates for 2019-2021 are excluded due to cumulative counts <11.

Figure 4. Three-Year Rolling Age-Adjusted Rates of Opioid Overdose Deaths by Race/Ethnicity[^]

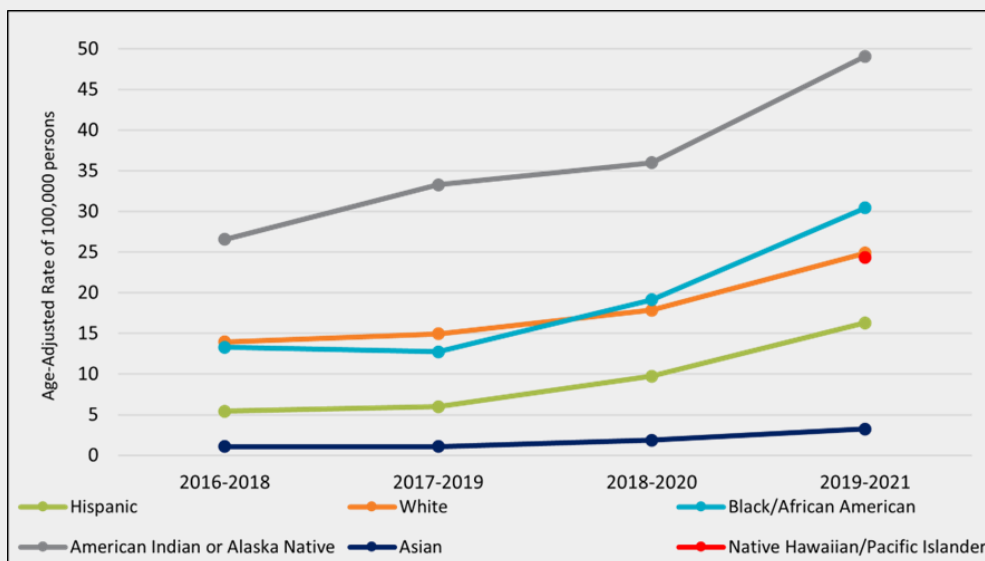


Figure 4 displays opioid overdose death rates by race/ethnicity. Opioid overdose death rates among American Indian/Alaska Native and Black/African American county residents were higher than rates among persons belonging to other race/ethnicity groups.

Note: [^]Persons of Hispanic/Latino ethnicity may belong to any race group. All categories except Hispanic/Latino include persons who race is known but ethnicity is non-Hispanic or unknown.

Native Hawaiian/Pacific Islander age-adjusted rates for 2016-2016, 2017-2019, and 2018-2020 are excluded due to cumulative counts <11.

Source: Figure 3 & 4: Prepared by County of San Diego Epidemiology and Immunization Services Branch, 2023. Presented in the Overdose Quarterly Report. The next issue of the quarterly report will be published in October 2023.

Coming soon: [Overdose Surveillance Quarterly Report, Q3 2023](#)

FREE Opioid Training Course with Continuing Education Credits Now Available Online

Strategy 4

The Public Health Services department, in the County of San Diego Health and Human Services Agency, has partnered with Champions for Health and The Doctor's Company to develop an Academic Detailing curriculum for health care professionals.

The curriculum is entitled *Innovations and Smart Approaches in Safe Prescribing*. It is comprised of a series of on-demand courses, free of charge. Course content includes eliminating internal bias regarding opioid use disorder, providing alternatives to opioids, safe prescribing of opioids, and treatment of substance use disorder. Other topics include opioid stewardship, benzodiazepine stewardship, opioid and benzodiazepine tapering, and naloxone instruction.

The modules are designed for medical providers, including nurses, nurse practitioners, physician assistants, physicians, pharmacists, dentists, and others who may benefit from this multidisciplinary review. Participants can obtain continuing medical education (CME) credit upon completion. These training tools can be accessed through the following links:

Module 1: Eliminating Stigma through Clinical Understanding (0.5 CME)

<https://thedoctors.rievent.com/a/41740PeaBeB>

Module 2: Alternatives to Opioids for Pain (0.5 CME)

<https://thedoctors.rievent.com/a/41741PAjd4Zv>

Module 3: Safe Prescribing of Opioids and CNS Depressants (0.75 CME)

<https://thedoctors.rievent.com/a/41742P2kEQzZ>

Module 4: Recognition, Diagnosis, and Treatment of SUD (0.5 CME)

<https://thedoctors.rievent.com/a/41743P2sJxWD>

Module 5: Eliminating Stigma through Clinical Understanding for Pharmacists (0.75 CME)

<https://thedoctors.rievent.com/a/41744PAKbKEE>

Module 6: Controlled Substance Utilization Review and Evaluation System (CURES) (0.5 CME)

<https://thedoctors.rievent.com/a/41745P3ddWHd>

Additional opioid stewardship resources can be found on the County's [Overdose Data to Action \(OD2A\) website](#), including [Naloxone access](#), such as Naloxone vending machine locations throughout the region; [community resources](#), such as Syringe Services Programs and other local resources; [provider resources](#), such as the OD2A newsletter, information about CURES 2.0, and the CDC Opioid Guidelines Mobile App; and [data and reports](#), such as quarterly data reports and the 5-year retrospective analysis report.

Schedule a FREE consult with a safe prescribing expert!

Would you like an opportunity to engage in a personalized, virtual, one-on-one Q&A with a safe prescribing expert? Sessions are about 30 minutes and completely customizable to fit your schedule. Topics available include safe and practical alternatives to opioids, benzodiazepine stewardship, opioid and benzodiazepine tapering, buprenorphine training, and naloxone.

If you are interested in scheduling a session, please contact Katy Rogers at katy.rogers@championsfh.org or (619) 508-4460.



Academic Detailing Survey Feedback

Strategy 4

Academic Detailing (AD) was threaded through multiple strategies to inform and educate prescribers (i.e., physicians, nurse practitioners, physician assistants, pharmacists, and dentists) on opioid stewardship. The County contracted with Champions for Health (CFH) to develop an AD program for opioid stewardship. The original intent was for 1-on-1 in-person training. Due to the COVID-19 pandemic, the AD delivery transitioned to a virtual model with local subject matter experts designing and recording a series of trainings. The program has utilized both virtual and in-person group training models and trained providers at conferences, during grand rounds, and at the local pharmacy and nursing schools. Developing multiple models of delivery has improved uptake by removing barriers to participation.

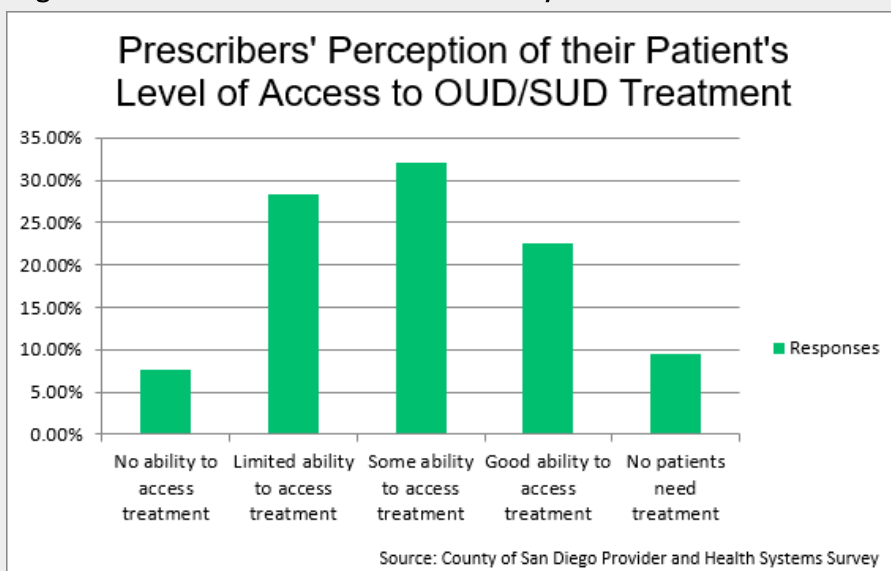
In addition, the County has been able to elicit feedback from participants and receive technical assistance from National Resource Center for Academic Detailing (NARCAD) and improved training uptake and completion. The completion rate is now over 80% compared to a completion rate of 59% for the earlier versions. Since the initiation of the program, a total of 2,079 providers and students have been trained across the region. The program was designed to be sustainable with access to the modules available for providers through The Doctors Company website. Providers completing the training receive CME credit to partially fulfill the new DEA requirement for 8 hours of training on treatment and management of OUD/SUD.

Provider and Healthcare Systems Survey

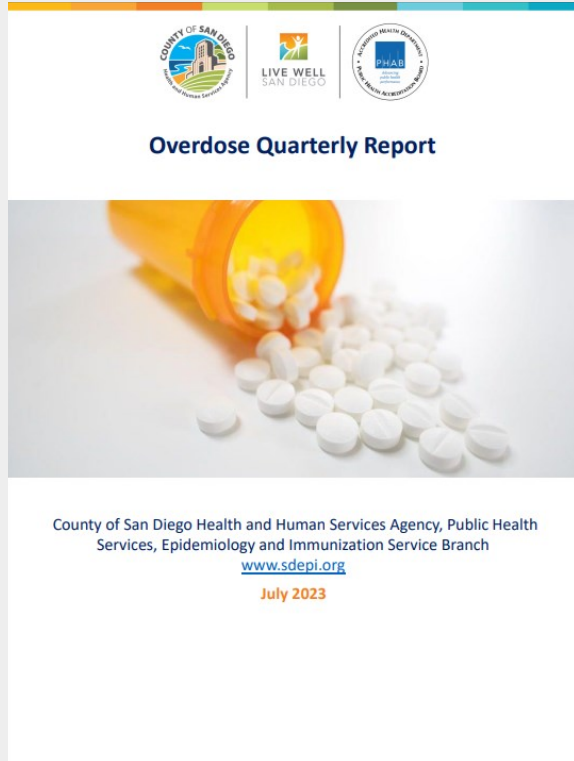
Strategy 7

The County of San Diego launched the Provider and Healthcare Systems Survey to assess the perceptions of prescribers, in healthcare systems, regarding patient prescription drug use and providers' opioid prescribing habits. The survey was distributed to providers through both the San Diego County Medical Society and the San Diego County Dental Society and received 86 responses during the data collection period. The majority of respondents, 88%, stated that they felt that less than 25% of their patients taking prescription opioids misuse or abuse them. Of their patients taking prescription opioids, 80% of prescribers answered that less than 25% were co-prescribed naloxone. About a third of the respondents (36%) stated that they believed that their patients had no or limited ability to access treatment of opioid use disorders/substance use disorders. The results of this survey established a baseline for provider perceptions (See *Figure 5*).

Figure 5. Ease of Access to Treatment for OUD/SUD for Patients

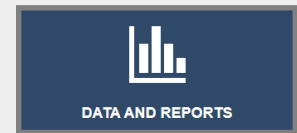
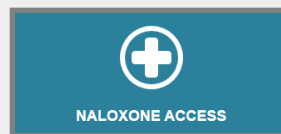


Webpage Updates



The [July 2023 issue of the Overdose Quarterly Report](#), created by the County of San Diego Epidemiology and Immunization Services Branch, is available on the [OD2A webpage](#) in the [Data and Reports](#) section. The report includes data on drug overdoses by drug, opioid overdoses by sex, age, race/ethnicity, region of residence, and other demographics. Additionally, overdoses by race/ethnicity is the issue's feature topic.

To access additional data, reports, and resources for the community and providers, please visit www.SanDiegoCounty.gov/OD2A.



Overdose Data To Action Surveillance & Prevention Grant Strategies



Surveillance Strategy

- **Innovative Surveillance Strategy:** Focus on new and innovative ways to collect data on drug misuse and overdose tailored to a community's needs. (Strategy 3)

Prevention Strategies

- **Prescription Drug Monitoring Programs (PDMPs):** Better utilize prescription drug monitoring program (PDMP) data to inform prescribing practices. (Strategy 4)
- **State and Local Integration:** Improve state and local prevention efforts to build more effective and sustainable surveillance and implement community-level interventions. (Strategy 5)
- **Linkage to Care:** Ensure people are connected to the care they need by leveraging systems and upstream prevention efforts. Such as, developing a system to track care connections to Medication Assisted Treatment for individuals experiencing nonfatal overdoses. (Strategy 6)
- **Provider and Health Systems Support:** Support healthcare providers and health systems with drug overdose prevention and response, including expanding the use of evidence-based prescribing and treatment practices. (Strategy 7)

FOR MORE INFORMATION ABOUT OPIOID OVERDOSE PREVENTION IN
SAN DIEGO COUNTY

PLEASE VISIT: WWW.SANDIEGOCOUNTY.GOV/OD2A

FOR ADDITIONAL QUESTIONS, COMMENTS, OR SUGGESTIONS,
PLEASE EMAIL:

PHS.OD2A@sdcounty.ca.gov

The Public Health Services department, in the County of San Diego Health and Human Services Agency (HHS), in collaboration with HHS Behavioral Health Services department, would like to thank the medical community for their efforts and support during the opioid epidemic. While the County is seeing a decrease in the morphine milligram equivalent (MME) dosage and the overall number of opioids prescribed in San Diego County, the medical community must remain vigilant and persistent as the illicit opioid-related overdose numbers continue to climb. It is the intent of this OD2A grant to promote efforts in opioid surveillance, prevention, linkages to care, and treatment to reduce overdoses related to opioid prescription drugs, as well as reduce illicit opioid drug use.

The Overdose Data to Action (OD2A)

Quarterly Newsletter

is published by the Public Health Services Department, in the County of San Diego Health and Human Services Agency.

Below is the Editorial Team:

Wilma J. Wooten, MD, M.P.H.

Public Health Officer

Chiara Leroy, MPH

Program Manager

This newsletter is produced as a result of funding from the CDC Overdose Data to Action (OD2A) grant with a focus on five surveillance & prevention strategies. These activities are implemented by Public Health Services (PHS) and Behavioral Health Services (BHS).

BELOW ARE THE OD2A STRATEGY LEADS.

- Surveillance Strategy 3:** Jennifer Nelson, MPH, PHS Senior Epidemiologist
- Prevention Strategy 4 & 7:** Wilma J. Wooten, M.D., M.P.H., Public Health Officer
- Prevention Strategy 5 & 6:** Stephanie Lao, MSW, Program Coordinator
- Evaluation Lead:** Deirdre Browner, MPH, PHS Senior Epidemiologist
- CDCF Field Employees:** Sherry Lawson, Linkage to Care Coordinator
Charles Raya, MHA, Program Specialist