


## The State of the State: An Overview of Opioid and Other Drug Use in Nebraska

Nicole Carritt, MPH  
Deputy Director and Program Manager,  
Nebraska AHEC Program  
University of Nebraska Medical Center

Felicia Quintana-Zinn, MS, MBA  
Drug Overdose Epidemiologist  
Nebraska DHHS- Division of Public Health



Helping People Live Better Lives.

1

---

---

---

---

---


---

---

---

### Nebraska Drug Overdose Health Burden

- Nebraska's drug overdose death rate has increased over the last decade – **9.8** overdose deaths for every 100,000 people in **2017** up from **3.6** in **2004**.
- The *U.S.* drug overdose death rate per 100,000 people was **21.7** in **2017** up from **9.3** in **2004**.
- 2017: 183** people in Nebraska died of a drug overdose
  - At least **59** involved opioids
- 2016: 128** people in Nebraska died of a drug overdose
  - At least **38** involved opioids



Helping People Live Better Lives.

2

---

---

---

---

---

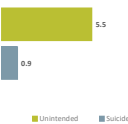
---

---

---

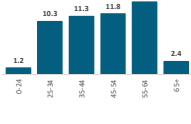
### 2016 Nebraska Drug Overdose Deaths: Rate per 100,000 persons by Demographic Characteristics and Intent

Rate by Intent



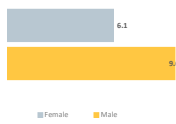
Intent	Rate per 100,000
Unintended	5.5
Suicide	0.9

Rate by Age Group



Age Group	Rate per 100,000
0-24	1.2
25-34	10.3
35-44	11.3
45-54	11.8
55-64	14.1
65+	2.4


Rate by Sex



Sex	Rate per 100,000
Female	6.1
Male	8.6

In 2016, 14.1% of all drug overdoses were identified as suicide or intentional with the majority identified as accidental or unintentional (81.3%). Males accounted for 56%, down from 61% in 2015. Individuals aged 55-64 had the highest rates of all age categories with 35-44 and 45-54 year olds trailing closely. In 2015, the highest age category rate was for 45-54 year olds.

Data source: Nebraska Vital Records, 2005-2016



Helping People Live Better Lives.

3

---

---

---

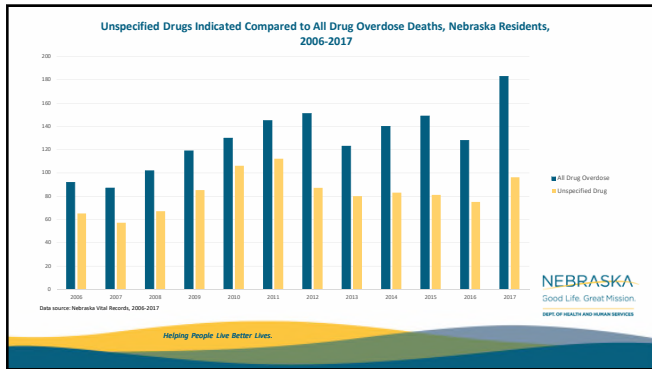
---

---

---

---

---



4

---

---

---

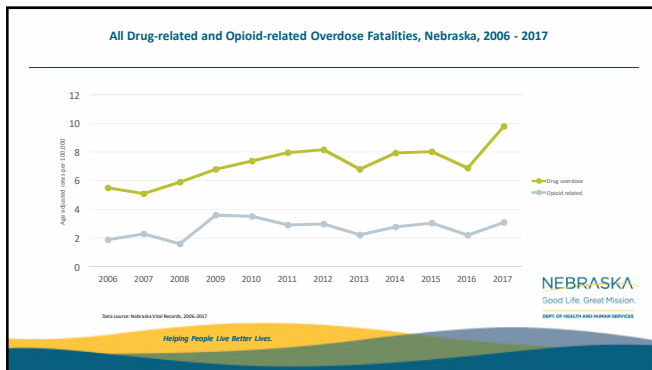
---

---

---

---

---



5

---

---

---

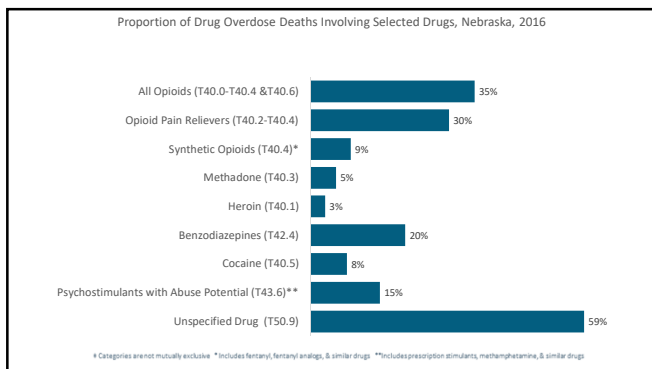
---

---

---

---

---



6

---

---

---

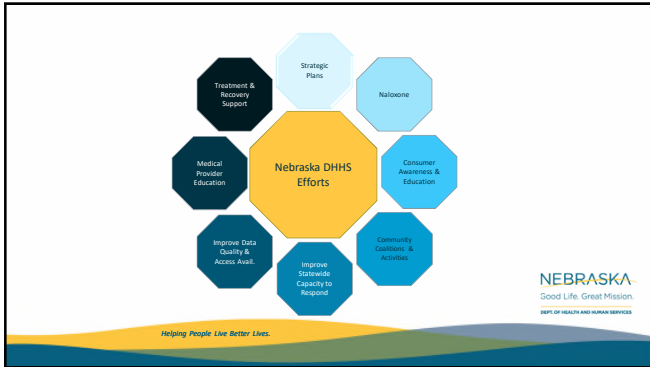
---

---

---

---

---



7

---

---

---

---

---

---

---

---



8

---

---

---

---

---


---

---

---

## Naloxone

- What is naloxone?
  - Medication to rapidly **reverse opioid overdoses**
- How is it used?
  - Nasal spray (Most common)
  - Auto-injector
  - Syringe (professional training needed)



NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

9

---

---

---

---

---

---

---

---

## Accessing Naloxone



- Where to get naloxone?
  - Prescription from your medical provider
  - All pharmacies in Nebraska were sent a standing order
  - Contact the DHHS Division of Behavioral Health Regions for naloxone kits

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

10

---

---

---

---

---

---

---

---

## Naloxone Kits

- Division of Behavioral Health- SAMHSA STR and SOR grant funds
- Behavioral Health Regions providing naloxone to at-risk populations and providers



NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

11

---

---

---

---

---

---

---

---

## Good Samaritan Law

LB 487 (2017) –

**Protects a person who makes a good faith request for emergency medical assistance** in response to a drug overdose of himself, herself, or another as soon as the drug overdose was apparent; **Requesting person remain on the scene** until medical assistance or law enforcement personnel arrive and **cooperate** with medical assistance and law enforcement personnel.

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

12

---

---

---

---

---

---

---

---



13

---

---

---

---

---

---

---

---

### OpiRescue Free Phone App

- **FREE resource for anyone**
  - Available via phone and OpiRescue.com
- App features:
  - **How to recognize an overdose**
  - **Easy step-by-step instructions** including photos to walk through a rescue
  - **Where to find naloxone**
  - **Where to find treatment**
  - **Other resources**

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

14

---

---

---

---

---

---

---

---

### OpiRescue Free Phone App

The image shows three smartphone screens displaying the OpiRescue app. The first screen shows the "Start Rescue" button and a list of features: "Recognize", "Resources", "Invite Others", "About OpiRescue", and "Change Language". The second screen shows a "Call 911 Now" button and a "Continue" button. The third screen shows a "Treatment" section with a "Call 911 Now" button and a "Continue" button. The Nebraska DHHS logo and tagline "Good Life. Great Mission." are visible at the bottom of the screens.

15

---

---

---

---

---

---

---

---

### Naloxone and Drug Overdose Awareness Campaign

- Began in June 2018
- Statewide **radio** spots playing currently
- Statewide **television** spots playing currently
- Messages include:
  - Naloxone access
  - Good Samaritan Law
  - OpiRescue App
  - Signs of an overdose



Helping People Live Better Lives.

16

---

---

---

---

---

---

---

---



NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

17

---

---

---

---

---

---

---

---

### Nebraska MEDS Coalition

- **FREE resource for Nebraskans**
- Nebraska pharmacies
  - Controlled
  - Non-controlled substances
  - Over the counter medications
- [www.nebraskameds.org](http://www.nebraskameds.org)
  - Search by location options
  - Handouts
  - Consumer education



NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

18

---

---

---

---

---

---

---

---

### Drug Take-backs & Prescription Lock Boxes

- Have collected over 1,365 pounds of medications
- Over 2,200 lock boxes have been purchased and distributed
- Contact the DHHS Division of Behavioral Health Regions for more information on local drug take-backs and prescription lock boxes

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

19

---

---

---

---

---

---

---

---



20

---

---

---

---

---

---

---

---

### Statewide Capacity to Respond to Overdoses

- Completing needs assessments with law enforcement, EMS, fire, and hospitals
- Develop both statewide and local **crisis response plans for a surge/spike in drug overdoses**

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

21

---

---

---

---

---

---

---

---



22

---

---

---

---

---

---

---

---

### Improve Data Quality & Availability

- Multiple projects designed to **improve data quality**
  - Emergency department through Syndromic Surveillance
  - Post-mortem toxicology testing (death certificate data)
  - Prescription Drug Monitoring Data (PDMP)
- Focusing on improving the **timeliness** of data
  - Prescription Drug Monitoring Data (PDMP)
  - ODMAP
- Releasing data and information in **easy to understand formats**
  - Drug overdose data dashboard workgroup
- Improving the **accessibility** of data
  - Drug overdose data dashboard

NEBRASKA  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

23

---

---

---

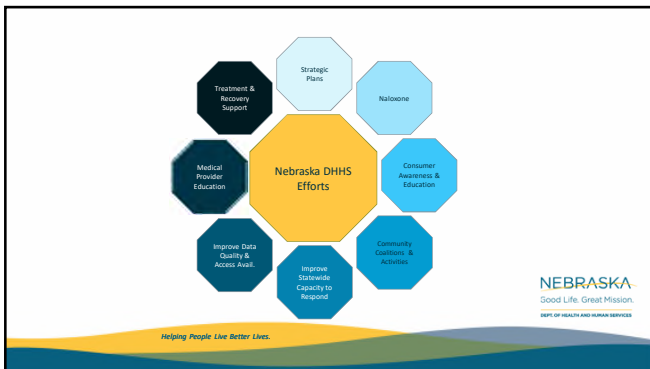
---

---

---

---

---



24

---

---

---

---

---

---


---

---



### Prescription Drug Monitoring Program (PDMP)

- **Resource** for prescribers and pharmacists
- Nebraska's PDMP **patient safety** model
- Allow prescribers and pharmacists to **monitor the care and treatment** of their patients
- Alerts and information provided in system **designed to inform and provide easy access to resources** for medical providers



Helping People Live Better Lives.

25

---

---

---

---

---



---

---

---

### Prescriber and Pharmacist Education

- **Training and educational videos for prescribers and pharmacists:**
  - PDMP
  - Pain Management Guidance Document
  - Treating patients with acute pain
  - Tapering opioids and benzodiazepines
  - The art of a difficult conversation

Helping People Live Better Lives.

26

---

---

---

---

---



---

---

---

### Prescriber and Pharmacist Education

- **Training and educational videos for prescribers and pharmacists:**
  - Naloxone education for prescribers
  - Naloxone education for pharmacists

Helping People Live Better Lives.

27

---

---

---

---

---


---

---

---



### Tools for Provider, Prescriber and Public Health Education

- The Nebraska Hospital Association (NHA) in collaboration with the Nebraska AHEC Program has developed and distributed the NHA Opioid Toolkit statewide.



- Current Best Practices in Nebraska
- Addressing Stigma
- Screening Tools
- Nebraska Substance Abuse Continuum
- Medication Assisted Treatment Providers
- Consumer Education

Available at [www.nebraskahospitals.org](http://www.nebraskahospitals.org)

Helping People Live Better Lives.

28

---

---

---

---

---

---

---

---



### Tools for Provider, Prescriber and Public Health Education

The Nebraska Area Health Education Center (AHEC) Program is developing training activities will support opioid use disorder diagnosis, prevention and treatment through:

- Training on tele-mental health services
- Behavioral health integration with focus on opioid use and misuse
- Community health worker training on SUD

**Currently in development in partnership with the Behavioral Health Education Center of Nebraska (BHECN):**

- Two web-based modules in partnership with BHECN:
  - one for laypeople, frontline clinic staff, public health practitioners, etc.
  - one for clinicians
- NHA Opioid Toolkit distribution to clinicians and clinics statewide in partnership with the Nebraska Hospital Association.
- Encompassing web-based Continuing Education event

Helping People Live Better Lives.

29

---

---

---

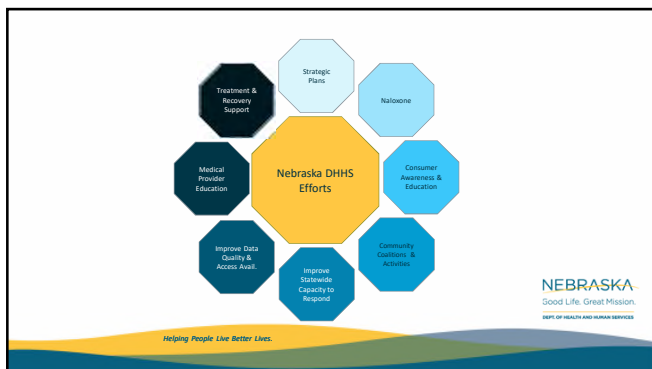
---

---

---

---

---



30

---

---

---

---

---

---

---

---

### Project ECHO: Substance Abuse & Pain Management



Despite most emergency specialty care for their complex health conditions.

There aren't enough specialists to treat everyone who needs care, especially in rural and underserved communities.

ECHO trains primary care clinicians to provide specialty care services. This means more people can get the care they need.

Patients get the right care in the right place, at the right time. This improves outcomes and reduces costs.

- Free resource for medical providers from an expert panel
- Online video conference with educational lessons and de-identified case consultation
- Continuing education credits available
- Upcoming discussions about: treating acute and chronic pain, opioid disorders, difficult conversations with patients, high risk patients and suicide, & the PDMP
- To register: <https://unmc.edu/bhec/education/project-echo.html>

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

31

---

---

---

---

---

---

---

---

### Increasing Treatment Capacity in Nebraska

- Addiction Medicine Fellowship – University of Nebraska Medical Center
  - Executive one-month fellowship. Currently 5 fellows have completed.
  - Traditional year-long fellowship; fellow placement targeted July 1, 2019
- Medication Assisted Treatment – Funding for Buprenorphine
  - Provide funding for medication and associated costs for patients with Opioid Use Disorder (OUD)
- Increase MAT workforce capacity
  - Education and support for waiver certification of providers

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

32

---

---

---

---

---

---

---

---

### Increasing Recovery Capacity in Nebraska

Oxford House Recovery

- Partnered with Oxford House to **provide outreach education and support** aimed at Opioid Use Disorder (OUD) population
- Linkages to recovery housing and support.

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

33

---

---

---

---

---

---

---

---

### Contact Information

<p>Nicole Carritt Deputy Director and Program Manager, Nebraska AHEC Program <a href="mailto:ncarritt@unmc.edu">ncarritt@unmc.edu</a> 402-559-6984</p>	<p>Felicia Quintana-Zinn DHHS Division of Public Health Drug Overdose Epidemiologist <a href="mailto:Felicia.Quintana-Zinn@Nebraska.gov">Felicia.Quintana-Zinn@Nebraska.gov</a> 402-471-0379</p>
<p>Davidson Wissing DHHS Division of Public Health Drug Overdose Prevention Coordinator <a href="mailto:Davidson.Wissing@Nebraska.gov">Davidson.Wissing@Nebraska.gov</a> 402-471-0835</p>	<p>Lindsey Anderson DHHS Division of Behavioral Health Network and Prevention Manager <a href="mailto:Lindsey.Anderson@nebraska.gov">Lindsey.Anderson@nebraska.gov</a></p>

PDMP Support Line  
[pdmp@nehii.org](mailto:pdmp@nehii.org)  
402-506-9900

[dhhs.ne.gov](http://dhhs.ne.gov)

Helping People Live Better Lives.

34

---

---

---

---

---

---

---

---

### Provider Access

Website url: [www.nehii.org](http://www.nehii.org)

Link

Nehii HIE users

Optum™ Data Exchange HIE 2.0

HIE Pathway for HIE participants

Link

POMP users

Nebraska POMP

POMP Pathway Prescribers (MD, PA, APRN, DDS) Dispensers (RP) Designees (RN, Pharm tech)

Helping People Live Better Lives.

35

---

---

---

---

---

---

---

---

### Ad hoc Patient Search

Medication History

Enter Patient Information

Last Name\*  First Name\*  DOB  Gender  City  Zip Code

☐ Cross Search Names ☐ Add Alias to Search ☐ Include Unknown

1 Patient Search Results

1 patient records found. Select up to 10 patient records for viewing medication history.

Name	DOB	Gender	Species	Address	City	Zip	Phone	
Clark Kent	02/12/2000	M		123 Metropolis Ave	Albany	51083	(111) 112-1235	<input type="button" value="+ Add"/>

Selected Patients 0

No patients are selected.

Disclaimer: You are selecting one or more patient records to combine together into a single patient query. Please note any selection of multiple patient records and use of query results are at the discretion of the user. Selections may or may not include all aliases for a particular patient. Patient selections will not be saved for future use.

Helping People Live Better Lives.

36

---

---

---

---

---

---

---

---

37

[illegible]

38

---

---

---

---

---

---

39

---

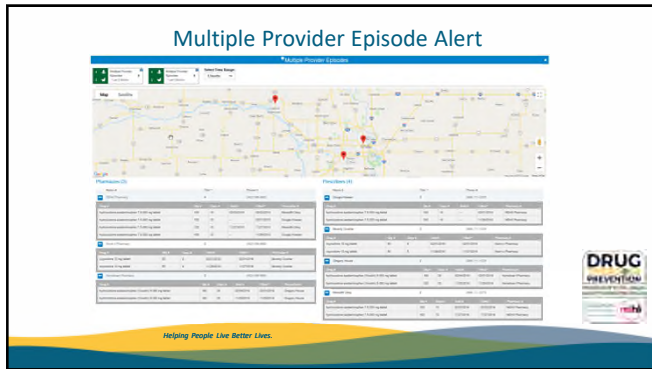
---

---

---

---

---



40

---

---

---

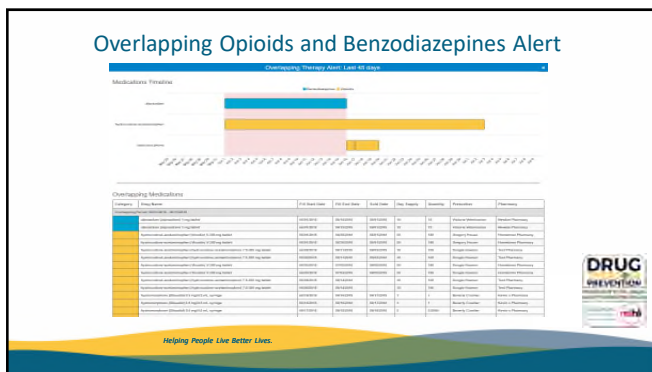
---

---

---

---

---



41

---

---

---

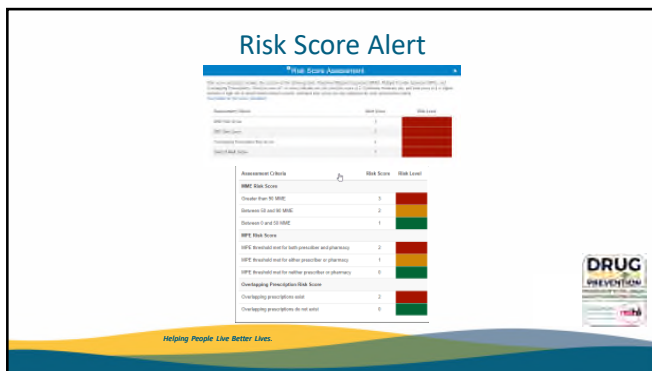
---

---

---

---

---



42

---

---

---

---

---

---

---

---

