

HEROIN IN CHESTERFIELD COUNTY

Substance Abuse Free Environment, Inc.

March 2017



WHAT IS HEROIN?

Heroin is a highly addictive opiate drug that gives the user a feeling of euphoria.

Heroin is...

- an opioid drug synthesized from morphine.
- made from the seed pod of the opium poppy plant.
- a white or brown powder, or a black sticky substance, known as “black tar heroin.” →
- ingested through snorting, smoking and/or injecting with a syringe.
- highly addictive and results in painful withdrawals.



WHAT IS THE LINK BETWEEN RX DRUGS & HEROIN?

Prescription opioids (OxyContin, Percocet, Vicodin, etc.) have very similar chemical structures and effects as heroin.

Synthetic opioids are...

- used to relieve (chronic) pain and are highly addictive.
- prescription drugs and/or illicitly manufactured substances.
 - Percocet, OxyContin, Vicodin, etc.
 - Fentanyl, carfentanil
- More than 9 in 10 people who used heroin also used at least one other drug.
- Among new heroin users, approximately 3 out of 4 report having abused prescription opioids prior to using heroin.



SYNTHETIC OPIOIDS & POTENCY

OPIOID POTENCY



<http://www.kgw.com/news/fentanyls-deadlier-cousin-a-few-grains-of-carfentanyl-can-kill/296315308>

WHAT IS AN OVERDOSE?

An overdose is the body's response to too much of a substance.

An opioid overdose is...

Heavy
nod

Skin looks blue,
lips and
fingertips often
show first

Body
very
limp

Face
very
pale

Slow,
irregular, or
no pulse
(heart beat)

Throwing
up

Passing
out

Choking
sounds

Gurgling
or
snoring

Slow, shallow
irregular or
not breathing

Awake, but
not able to
respond

Clammy,
cool skin

Pinpoint
pupils

No
response to
stimulation

No response
to sternum
rub

HOW BIG IS THIS PROBLEM?

Heroin and prescription opioid overdoses and deaths have increased dramatically in the past few years.

The scope of the problem...

National – fatal heroin/opioid overdoses

- 2013: 11,153
 - 2014: 15,091
 - 2015: 19,844
 - 2016: +20,000 est.
-
- 5.9x increase in total OD deaths from 2002-2015

<https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

In Virginia – fatal heroin/opioid overdoses

- 2013: 675
- 2014: 758
- 2015: 792
- 2016: +1,000 est.

<http://www.vdh.virginia.gov/data/opioid-overdose/>

The scope of the problem...

In Chesterfield County, VA

	2013	2014	2015	2016	2017 YTD
Non-Fatal	33	43	84	140	11 (+2 Pend.)
Fatal	10	10	18	35	1 (+2 Pend.)
TOTAL	43	53	102	175	12
Avg. Age	34	30	32	31	31

- 71% increase from 2015 to 2016
- Average age of 31.5 years old
- All ages, ethnicities/races, socio-economic statuses and regions are affected

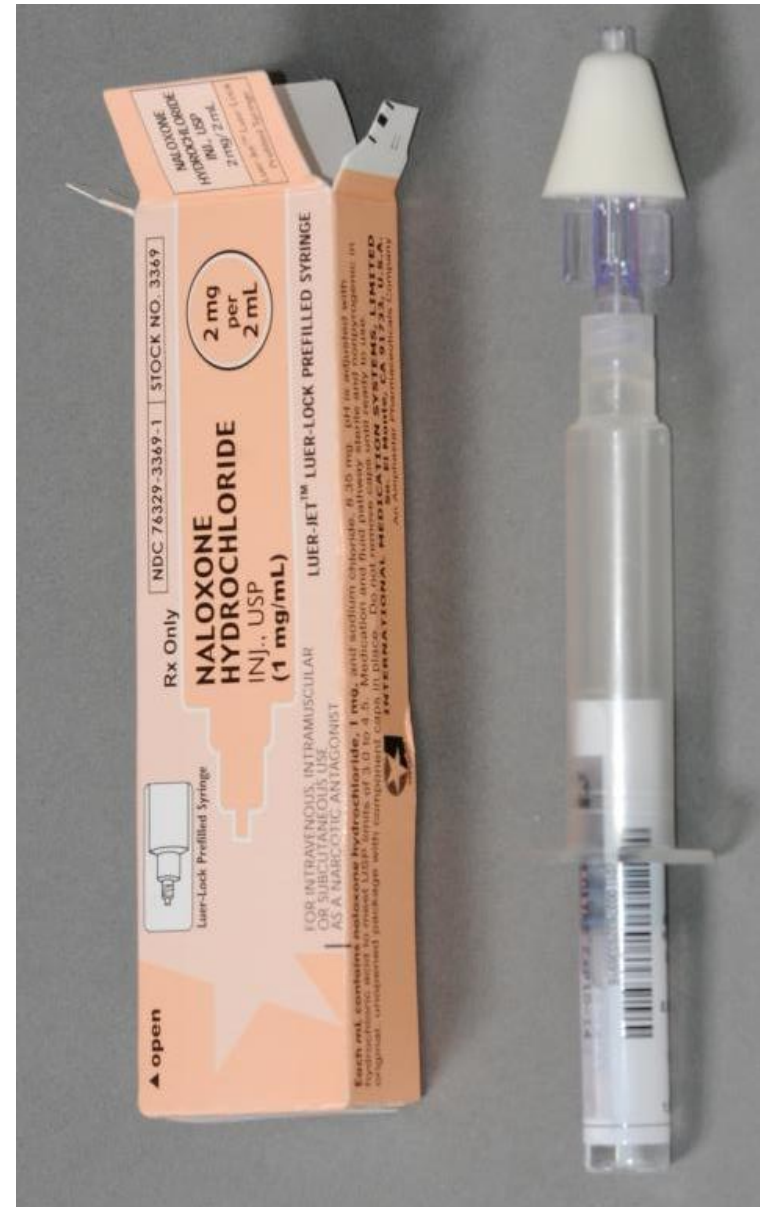
WHAT IS NARCAN/ NALOXONE?

“Narcan” (naloxone) is a drug used to reverse an opioid overdose.

Naloxone is...

- available as an injection or nasal spray (Narcan)
- reverses the symptoms of an opioid overdose in about 60 seconds
- harmless if used on someone who has not taken opioids
- available *without* a prescription in VA

CALL 911 if you suspect there is an overdose



HOW CAN RX/HEROIN ABUSE BE PREVENTED?

There are a number of community strategies to prevent opioid prescription drug and heroin abuse.

Prevention is... EDUCATION

Follow these steps to dispose of over-the-counter (OTC) medicines in your household trash:



- Safe storage and disposal of medication.
- Patient and provider education about prescription opioids.
- Prescription drugs are not “safer” just because they are prescribed by a doctor.
- Prescription opioids are very similar to heroin and both are highly addictive.

knowyourotcs.org

For Help, Call:

Avenues to Wellness	(804) 497-4676
Chesterfield County Mental Health Support Services -Substance Abuse	(804) 768-7318
Families Anonymous	(804) 657-7250
Family Counseling Center for Recovery	(804) 354-1996
Family Intervention Center of Virginia	(804) 677-7728
Hallmark Youth Care	(804) 784-2200
The Healing Place	(804) 230-1217
John Randolph Medical Center	(804) 452-3282
McShin Foundation	(804) 249-1845
New Life for Youth	(804) 230-4485
NorthStar Community	1 (800) 908-2377
Poplar Springs Hospital	(804) 733-6874
Rams in Recovery (for VCU Students)	(804) 828-9355
Richmond Behavioral Health Authority	(804) 819-4100
Richmond Intensive Outpatient	(804) 320-8032
Rubicon	(804) 359-3255
SAARA Center for Recovery	(804) 762-4445
Teen Challenge North Central Virginia	(540) 286-2377

WHAT DOES SAFE DO?

Substance Abuse Free Environment, Inc. (SAFE) is a non-profit substance abuse prevention coalition in Chesterfield County, VA.

SAFE Highlights

- Substance abuse prevention coalition in Chesterfield County since 1999
- Task forces
 - underage drinking, marijuana, nicotine & tobacco, opioid & heroin
- Chesterfield County's Partnerships for Success (PFS) grant to address prescription opioid misuse and heroin abuse with 12-25 year olds
 - funding from SAMSHA, DBHDS & Chesterfield County Mental Health Support Services Prevention Services
 - Strategic planning process 4 strategy categories – multi-faceted public awareness campaign to change the perception of addiction; medical professional training; youth empowerment and engagement; increase coordination and continuity of care

Opioid & Heroin Prevention Task Force

Membership

- Law enforcement & public safety
- Medical professionals
- Schools
- Mental health & prevention services
- Treatment & recovery
- Parents & family members who lost a loved one to addiction
- Concerned citizens

Subcommittees

- Education & Prevention
- Law Enforcement
- Treatment & Recovery
- Medical

Monthly meetings

~30 members

OHPTF Accomplishments

- **78** attendees at regional Opioid and Heroin Summit in July 2015
- **5,000** heroin treatment resource cards distributed by task force volunteers
 - community outreach event with law enforcement to deliver cards to area businesses
- **250** attendees at a law enforcement training on alternatives to incarceration in April 2016
- Legislative advocacy at the state level in 2016 and 2017 General Assembly sessions
- **404,122** families reached by a heroin PSA media campaign at the end of 2016

Important Things to Note

- If you suspect someone is overdosing, **CALL 911** immediately.
- With Virginia's "Good Samaritan" law, you will not be charged with a crime as long as you are cooperative with police.
- Virginia State Health Commissioner Dr. Levine announced the opioid and heroin epidemic a public health crisis in Virginia.
 - Narcan is now available at any pharmacy in Virginia *without* a prescription, also known as a "standing order"
- Governor McAuliffe signed 4 bills to address the epidemic:
 - put into action syringe-services programs
 - initiatives to increase access to the overdose-reversal drug naloxone
 - changes to opioid prescription policies
 - processes for providing services to infants exposed to opioids in utero



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