



OPIOIDS

Originally Discussed: March 2019

OBJECTIVES: Drug addiction and overdose in the U.S. is staggering. The National Institute on Drug Abuse (NIDA) defines addiction as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. This conversation will explore opioid addiction. How does one become an opioid addict? Is it a choice/disease? How can we help alleviate the opioid epidemic?

Estimated time: 80 minutes

(1) Getting acquainted and comfortable

5 - 10 min.

Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to

the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**

Personal Introductions

Please share your name, where you live, and something about you we couldn't google, or your favorite food, a show you binge watch, etc.

*****Remember to ask to record and PRESS RECORD*****

(2) What are opioids?

5 - 10 min.

- For this conversation we are talking about prescriptive and street versions of drugs. Examples of opioids are painkillers such as morphine, methadone, buprenorphine, hydrocodone, and oxycodone. Heroin is also an opioid and is illegal.
- Any questions or comments before we dig in?

(3) How does addiction start?

20 - 25 min.

- Is addiction a choice or a disease?
- How does mental health connect to the issue of the opioid epidemic?
 - 'About half of people who experience a mental illness will also experience a substance use disorder at some point in their lives and vice versa.' (NIDA)
- How do our methods of managing pain (potentially) feed into the epidemic?
 - Discuss how doctors prescribe, big pharma's role, the role of insurance companies, etc.

(4) Reducing opioid use and the likelihood of addiction

20 - 25 min.

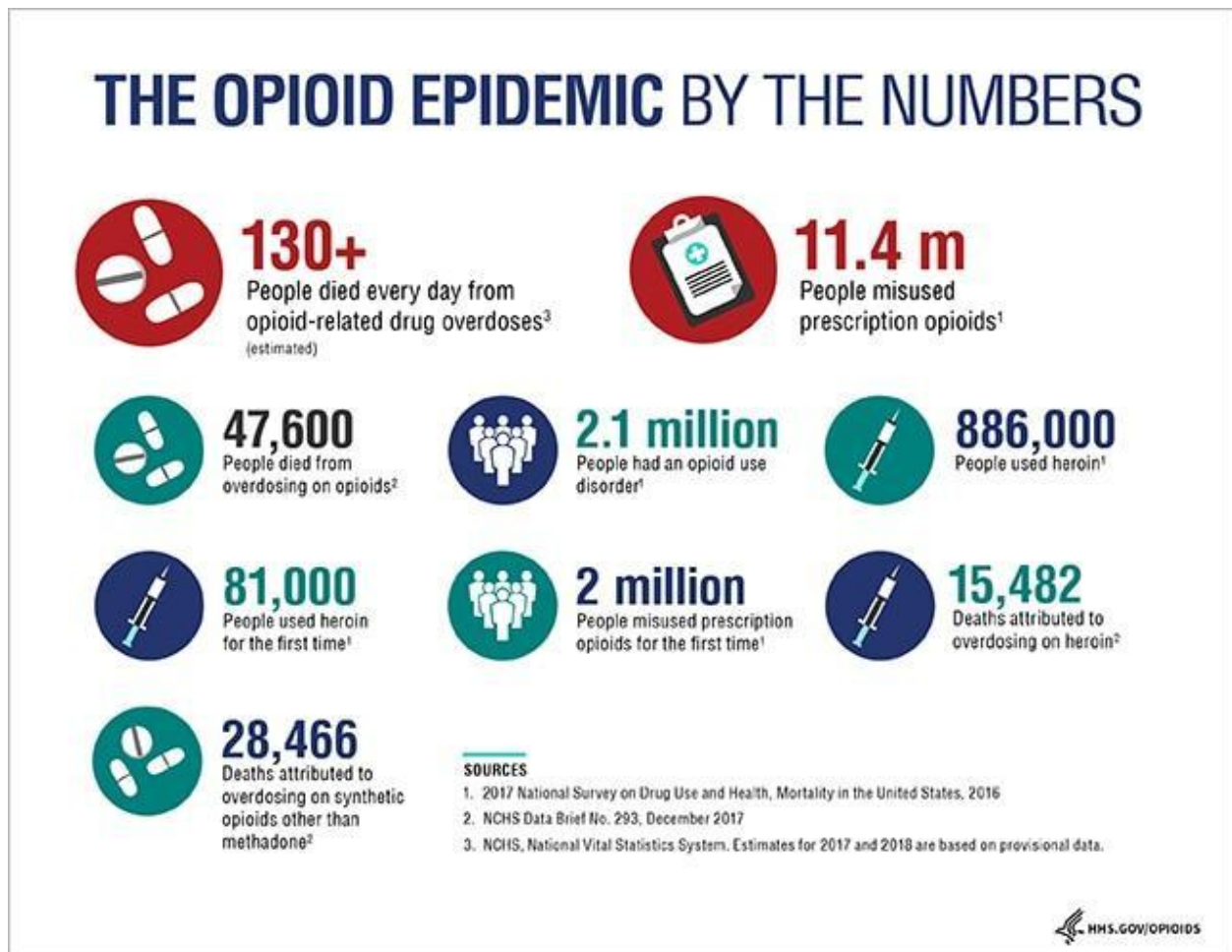
- How do we prevent addiction?
- How do we help addicts?
- What effect, if any, can or has public policy or government intervention had with the opioid epidemic?

(5) Closing comments

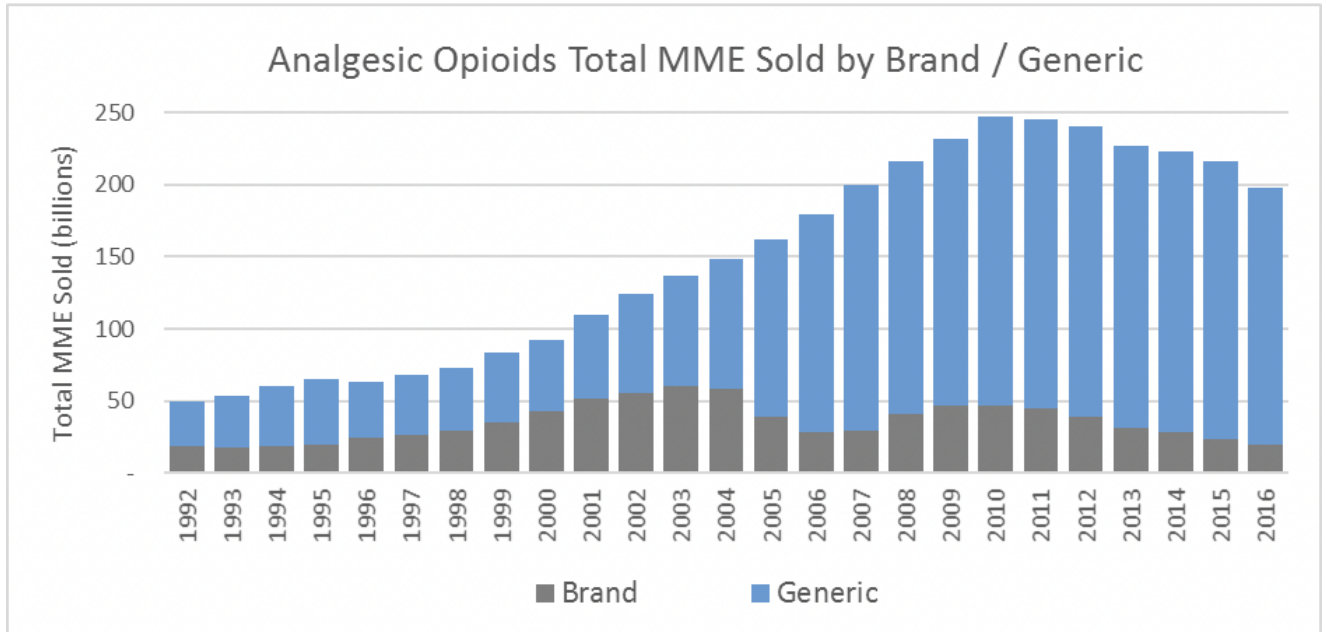
5 - 10 min.

- Any additional comments or questions about opioid addiction and this epidemic?

Resources:

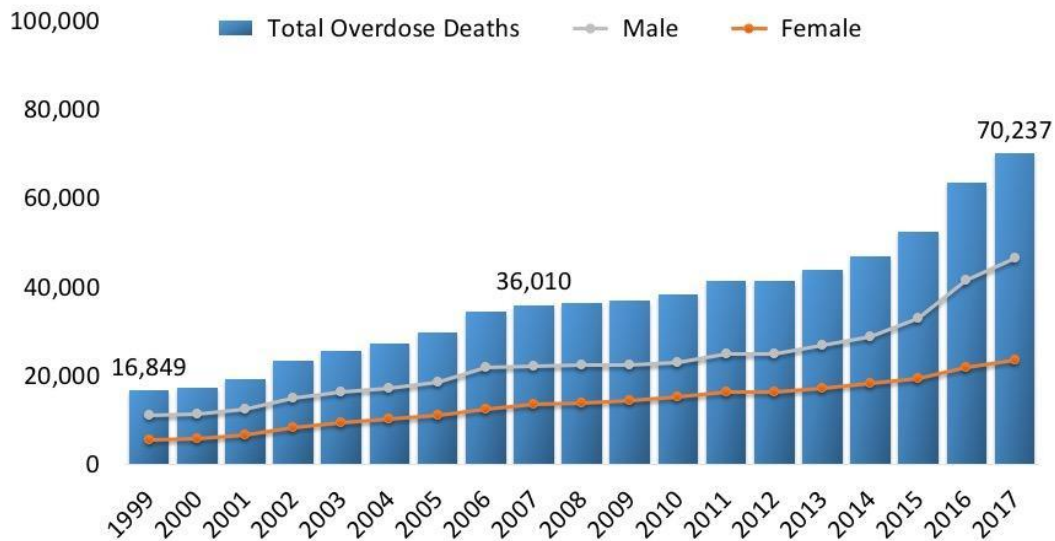


Another source says: '11 million abused opioids in 2016' – the variance is staggering.

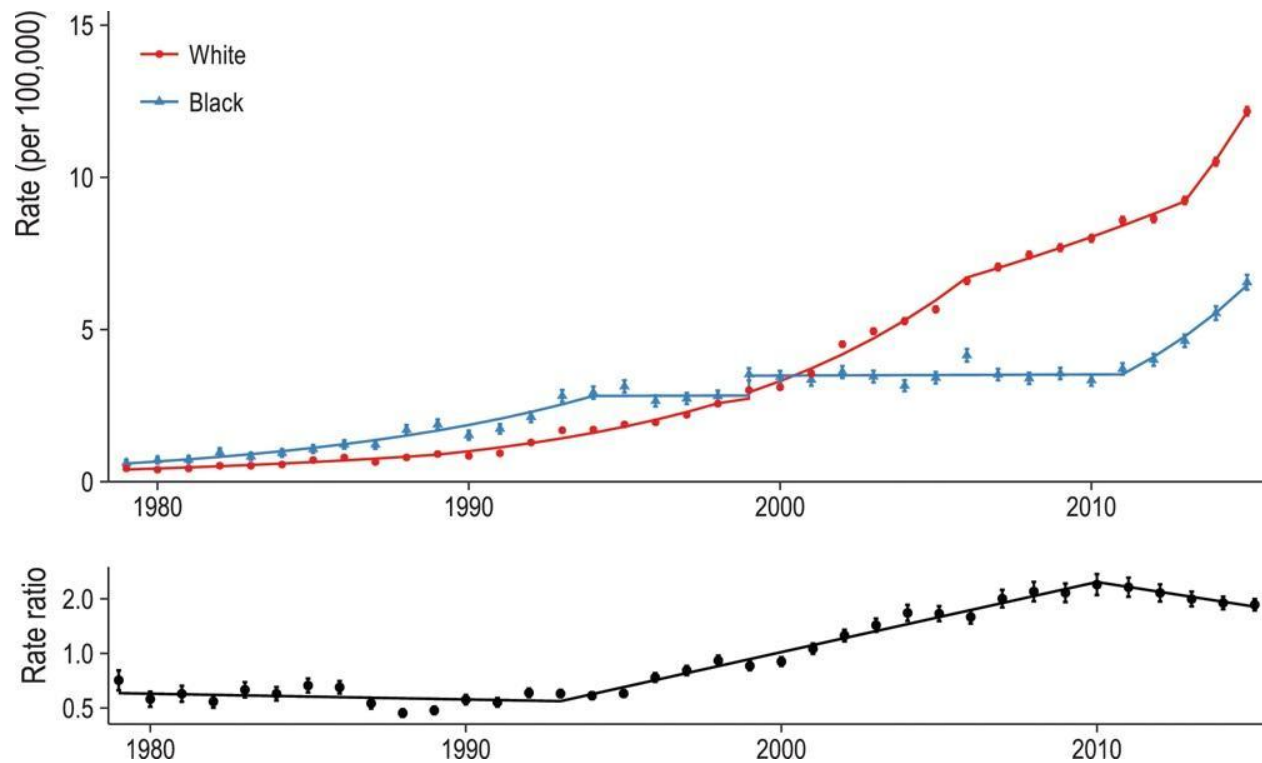


Note: Between 1992-2000 new quality measures were put in place regarding level of pain. Lower pain correlated to higher patient satisfaction.

Figure 1. National Drug Overdose Deaths Number Among All Ages, by Gender, 1999-2017



Source: : Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018



<https://www.drugabuse.gov/publications/drugfacts/comorbidity-substance-use-disorders-other-mental-illnesses>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5266431/>

<https://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Reports/UCM598899.pdf>

https://journals.lww.com/epidem/Fulltext/2018/09000/Trends_in_Black_and_White_Opioid_Mortality_in_the.16.aspx

<https://www.kff.org/other/state-indicator/opioid-overdose-deaths-by-raceethnicity/?currentTiframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>

<https://catalyst.nejm.org/quandary-opioids-chronic-pain-addiction/>

<https://aspe.hhs.gov/system/files/pdf/259261/ASPEconomicOpportunityOpioidCrisis.pdf>

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

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6072374/>

<https://www.americanprogress.org/issues/criminal-justice/reports/2018/06/27/452819/ending-war-drugs-numbers/>

<http://www.drugpolicy.org/issues/brief-history-drug-war>

<https://www.drugabuse.gov/related-topics/trends-statistics/infographics/fentanyl-other-synthetic-opioids-drug-overdose-deaths>

https://shadac.org/sites/default/files/publications/NATIONAL_opioid_brief_2000-2016.pdf

<https://www.cdc.gov/drugoverdose/epidemic/index.html>

<https://www.webmd.com/special-reports/opioids-pain/20180314/opioids-pain>

<https://www.ohlhoff.org/ohlhoff-blog/dr-moller-opioid-crisis>

<https://www.mayoclinic.org/diseases-conditions/prescription-drug-abuse/in-depth/how-opioid-addiction-occurs/art-20360372>

<http://www.ncsl.org/research/civil-and-criminal-justice/drug-sentencing-trends.aspx>

<https://www.drugabuse.gov/publications/drugfacts/nationwide-trends>

<https://www.drugabuse.gov/news-events/nida-notes/2019/02/promising-alternative-to-opioid-pain-medications>

<https://www.ajmc.com/journals/supplement/2018/combating-opioid-epidemic/current-and-emerging-options-to-combat-the-opioid-epidemic>

<https://www.ama-assn.org/delivering-care/opioids/reversing-opioid-epidemic>

<https://www.hhs.gov/opioids/prevention/index.html>

<https://avalere.com/insights/trends-in-opioid-use-history-background-and-origins-of-the-epidemic>

<https://www.hhs.gov/opioids/about-the-epidemic/index.html>

<https://www.moveforwardpt.com/Resources/Detail/7-staggering-statistics-about-america-s-opioid-epi>