

Kentucky Statewide Opioid Stewardship (KY SOS)

September Newsletter

September is National Recovery Month

For 32 years, September has been celebrated as National Recovery month. This is a month of hope, a month dedicated to sharing the numerous joys and rewards of recovery, and to raising awareness and breaking down stigma related to mental health and substance use issues. Over 81,000 drug overdose deaths occurred in the United States in the 12 months ending in May 2020, the highest number of overdose deaths ever recorded in a 12-month period, according to the recent provisional data from the Center for Disease and Control Prevention. (CDC) These statistics are staggering, but September is a month to shed light on the successes of those in recovery and overcoming their mental health and substance use issues. National Recovery Month celebrates people in all forms of recovery and those who serve them. KORE is teaming up with representatives from Recovery Community Organizations, Department for Behavioral Health, Department of Corrections, Office of Drug Control Policy, Kentucky Hospital Association, and public health to promote this year's theme, Recovery is for Everybody: Every Person. Every Family. Every Community. This message reminds us that no one is alone in the journey through remission and recovery. Along with strength, support, and compassion, we can help raise awareness that RECOVERY is POSSIBLE! Everyone's journey is different, every Kentuckian deserves recovery, and we are all in this together.

Events and social media promotional materials will be released this month. To stay up to date on events and messaging, like KORE on Facebook, @KYOpioidResponse, follow #KentuckiansInRecovery, or email Beth.Fisher@Ky.gov. KORE encourages all organizations to celebrate Recovery Month in their communities as well. If you are looking for ways to celebrate recovery, here a few tips;

- Use person first language like 'person in long-term recovery' and avoid stigmatizing terms like 'addict' or 'clean'.
- Collect recovery stories of hope and healing and share them via social media or at community events.
- Promote community resources. This can be done via social media or in person via flyers, pamphlets, and or other promotional materials.
- Host a panel discussion to talk about recovery, including recovery testimonials as well as programs and services in your area. This can be done virtually using platforms such as Zoom or Microsoft Teams, or via social media platforms like Facebook and Instagram Live.
- Host a public event, such as a "Recovery Rally" or a "Walk for Recovery" featuring speakers and entertainment.
- Create a social media hashtag specific to your community and/or organization. Encourage members of your organization to join in by creating their own Recovery Month posts or testimonials.
- Remember recovery is for everyone – individuals, families, and communities. Don't be afraid to reach out to schools, community-based organizations, and faith-based groups. They are key members of the community and can play a significant role in your Recovery Month promotion as well.

National Recovery Month Events:

National Recovery Month Kick-Off

Date September 9
Time 3:00 pm - 5:00 pm
Presented By Faces & Voices of Recovery
Event Website [Register Now](#)

ASAM Teams up with the AMA, Shatterproof to Educate Prescribers and Medical Students about Treating OUD

Date September 3 - December 31
Presented By American Society of
Addiction Medicine
Event Website [Register Now](#)

September 20, 2021, National Addiction Professionals Day will be celebrated.

For more information and free resources including suggested social media templates and logos, check out the [Recovery Month 2021 Toolkit](#).

KY SOS is Hiring!

KY SOS is hiring an Inpatient Pharmacy Consultant to provide support to KY SOS as the program continues to grow! This is a part-time contract position with responsibilities that include, but not limited to, promoting hospital participation, hosting educational webinars and providing technical assistance as requested by hospitals. A full job description can be found [here](#).

Free Hazelden September Training on Fentanyl and Synthetic Opioids Training

The landscape of the opioid epidemic in the Kentucky has turned from heroin to a new world of highly potent, illicitly manufactured fentanyl and an increasingly potent and devastating methamphetamine product. This presently unfolding “twin epidemic” of opioids and psychostimulants in Kentucky has led to a 48% increase in overdose deaths from 2019 to 2020 in the State and has contributed significant risks for primary adverse health outcomes. The dramatic impact of this “twin epidemic” on overdose rates in Kentucky, and the nation at large, suggests existing prevention and treatment strategies are insufficient. Therefore, it is vital for healthcare providers to recognize the diverse impacts and implications that fentanyl and

methamphetamine present to existing opioid treatment modalities and in turn, implement new prevention, treatment and overdose response strategies to respond to this acute challenge.

This training will review the clinical pharmacology of fentanyl and the physiological barriers of its effects to the standard MOUD induction and prescribing protocols. The webinar will also discuss the current strategies to overcome these barriers including buprenorphine micro-dosing induction strategies, other supplemental withdrawal treatments and the potential impact on methadone and naltrexone treatment. Lastly, the training will describe strategies for incorporating harm reduction principles into primary care treatment settings which can support programs in engaging patients with ongoing substance use and facilitate the delivery of evidence-based screening and prevention services.

Both trainings will be from 8:30 – 10:30 AM EST on September 22 and September 24.

To register for the training on September 22 visit

<https://app.smartsheet.com/b/form/8433fde5af3d434288cd6b18ad77ad4f> or for September 24 visit <https://app.smartsheet.com/b/form/bed3ebb263c24a2cb38ba0e6d4351173>

Kentucky Department for Public Health Hosts a Free Training on September 10

KDPH is excited to announce an opportunity to earn **4.5 continuing education credits** at no cost by participating in the following training: Opioid Analgesic Risk Evaluation and Mitigation Strategy for Hackensack Meridian Health and Thomas Jefferson University College of Population Health. This session begins on **September 10**.

Learn more by accessing the following

link: <https://sermo.gathered.com/invitation?ref=Wjneg7ZewZ>

This information is also included on the KY Perinatal Quality Collaborative (KyPQC) website, available at <https://kypqc.org>.

Unveiling CDC's New Drug Overdose Education and Prevention Campaigns

On Thursday, September 23, at 2:00 pm EDT, the Communication Technical Assistance Webinar Series will focus on the CDC's four new evidence-based campaigns to prevent and reduce drug overdose in young adults ages 18 to 34.

The campaigns address the risks of polysubstance use, the dangers of fentanyl, the life-saving power of naloxone, and stigma around treatment and recovery for those experiencing substance use disorder. This webinar will outline how CDC used drug overdose trend data to identify the intended audience and campaign topics. It will also provide insight into the campaign development process, including an overview of research methodology, steps to build

creative concepts, and dissemination strategy. Additionally, participants will learn how they can use campaign assets in their communication efforts.

Information shared in this webinar will help you:

- Recognize the process for developing the suite of drug overdose education and prevention campaign assets.
- Individualize and adapt the campaigns into your state’s drug overdose prevention efforts.
- Identify where to find taggable campaign assets and how to access technical assistance.

To register, [click here](#).

About Kentucky Opioid Response Effort (KORE)

KY SOS is a KORE funded initiative for opioid use disorder prevention and harm reduction. KORE funds many partners and services across Kentucky to model policies and practices centered on reducing opioid overdoses, reducing opioid overprescribing, harm reduction, community-guided prevention and so much more. KORE has published an “About KORE” document with a comprehensive summary on all that KORE doing to better the lives of Kentuckians struggling with opioid use disorder. “About KORE” document can be found [here](#).

KHA Participates in State’s Overdose Awareness Day Event

During Governor **Andy Beshear**’s recent press conference, the Governor, along with state officials and community leaders declared August 31 as Overdose Awareness Day in Kentucky. Attorney General Daniel Cameron discussed the work of his office in addressing the drug addiction epidemic.

Next, Cabinet for Health and Family Services Secretary **Eric Friedlander** reminded everyone of the fact that addiction is a disease and must be treated that way. He recognized the partnership between the Cabinet and Kentucky’s hospitals through the Kentucky Statewide Opioid Stewardship (KY SOS) and thanked KHA for being “tremendous partners” in fighting this disease.



KY SOS Project Manager and KHA Pharmacy Consultant Emily Henderson, PharmD, LDE (pictured above with Governor Beshear) represented KHA at the event.

DEA to Hold the National Prescription Drug Take Back

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2019 National Survey on Drug Use and Health, **9.7 million people misused prescription pain relievers, 4.9 million people misused prescription stimulants, and 5.9 million people misused prescription tranquilizers or sedatives in 2019**. The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. This event provides an opportunity for Americans to prevent drug addiction and overdose deaths.

DEA will hold the National Prescription Drug Take Back on Saturday, October 23, 2021 – 10AM to 2PM

Please check back after October 1, 2021 to locate collection sites near you.

<https://takebackday.dea.gov/>

It is imperative that our patients dispose of their unwanted, unused and outdated medications. Getting rid of these medications can reduce the risk of duplicate therapies, reduce potential drug-drug interactions, while reducing confusion about therapy changes for our patients. Plus, disposing of unused narcotic medications can help reduce the diversion we are seeing across the state.

Don't forget that the Kentucky Office of Drug Control Policy (ODCP) website provides prescription drug disposal locations available throughout the year. You can access the ODCP

website by the following link. Just search by your county name and find the location(s) in your community. <https://odcp.ky.gov/Pages/Prescription-Drug-Disposal-Locations.aspx>

Do your part, Kentucky, to promote this national DEA event and proper prescription drug disposal in your community.

KY SOS Is Growing!

KY SOS has contracted with Stroudwater Associates to assist with the implementation of the Six Building Blocks program. The Six Building Blocks program was developed by the University of Washington Department of Family Medicine and Kaiser Permanente Washington Health Research Institute. This program is a team-based approach to improve opioid management in primary care. It provides an evidence-based quality improvement roadmap to help primary care teams implement effective, guideline driven care for their chronic pain and long term opioid therapy patients. You can find more information about the Six Building Blocks program: www.improvingopioidcare.org .

KY SOS is proud to launch this pilot program within the Appalachian Regional Health System (ARH) primary care clinics. More information to follow as this outpatient arm of KY SOS continues to grow. Contact Emily Henderson, ehenderson@kyha.com , for questions and inquiries.

Additional Resources on KY SOS Website

- Find Help Now KY is a website used to assist individuals in the community find an addiction treatment facility. For more information, visit the website at www.findhelpnowky.org
- Kentucky Opioid Response Effort (KORE) has funded access to treatment and recovery for individuals who have a functional hearing loss and need effective communication. The guidelines can be found on the KY SOS website or click the link to be directed: <http://www.kentuckysos.com/Portals/2/Documents/KOREGuidelinesDeafHardofHearingAccessdoc.pdf>
- All other KY SOS resources can be found at <http://www.kentuckysos.com/Resources>

Data Update

KY SOS continues to encourage all facilities to submit their monthly data into KY Quality Counts (KQC). Please continue to report **monthly** data on both the process and outcomes measures. Education and the future of the program are based in part on the data reported. Areas of improvement and areas of success will be highlighted and emphasized as KY SOS continues. If you need assistance with data input or navigation of the KQC data collection system, please contact **Emily Henderson** (ehenderson@kyha.com) or **Melanie Moch** (mmoch@kyha.com).

The Happenings

Upcoming Events/Webinars

- **KY SOS September Webinar** – Dr. Adam Berrones, Epidemiologist at the Office of Inspector General, will present on the 2020 Drug Overdose Report and KASPER Reporting on September 28 from 11:00 AM – 12:00 PM EST. Calendar invites will be sent closer to date.

Zoom Information:

<https://us02web.zoom.us/j/85647518189?pwd=Uy9MK2l6ZHFPQ0NjWFVmeHVHZUIUdz09>

Meeting ID: 856 4751 8189

Passcode: 2501

- **KY SOS October Webinar** – Alex Elswick, co-founder for Voices for Hope and KY SOS Advisory Committee member, will present on navigating substance use disorder and recovery during the holidays, from a patient perspective. The webinar will be presented on October 26 from 11:00 AM – 12:00 PM EST. Calendar invites will be sent closer to date.

Zoom Information:

<https://us02web.zoom.us/j/88341083027?pwd=Sjh3SG9vcXd6ZXgxSkNXMUhDUTNXZz09>

Meeting ID: 883 4108 3027

Passcode: 2501

For more information, please visit www.kentuckysos.com or contact a KHA staff member to assist.

Emily Henderson for program and pharmacy-related questions– ehenderson@kyha.com

Melanie Moch for data-related questions – mmoch@kyha.com

Claire Arant for administrative assistance – carant@kyha.com

Missed a webinar? All presentations are recorded and can be found under the events & education link.