

Monthly Opioid Update – January 2021

Vermont’s multi-faceted approach to addressing substance use disorder involves coordination between multiple state agencies and community partners in the areas of prevention, treatment, recovery and law enforcement.

Access to Treatment

9,088

Estimated Vermonters age 18+ receiving MAT in **hubs and spokes** Q3 2020*

0

People waiting for hub services**

15-20k

Estimated people with OUD in need of treatment (includes people in treatment)

Research shows that MAT is the most effective treatment for OUD.

Drug Disposal

85

Drug disposal locations available statewide*

9,986

Pounds of drugs collected in state-funded programs between January 2019 and December 2020**

Most people who misuse prescription opioids get them from friends or family. Convenient disposal options may decrease misuse of unused prescriptions.

Overdoses (Accidental)

134

Fatal Overdoses

2020 opioid fatalities as of November 2020 compared to 99 as of November 2019**

89%

Of 2020 fatal overdoses involve fentanyl, through November 2020**

Nonfatal Overdoses

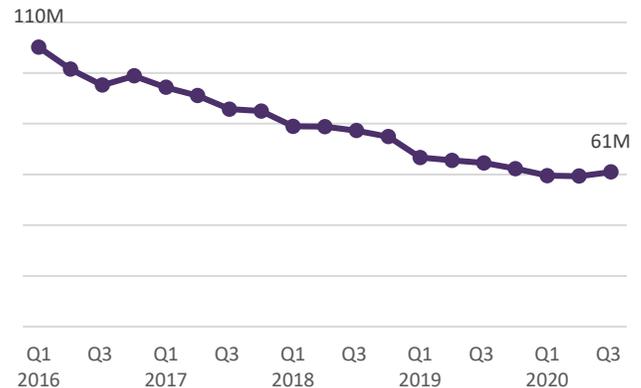
33.3

Rate of nonfatal opioid overdoses per 10,000 ED visits in November 2020** compared to the November 2019 rate of 19.3

People who die from accidental overdoses may have more than one substance in their system.

Prescription Monitoring

Vermont Total MME Dispensed



45%

Reduction in opioid analgesics dispensed between Q1 2016 and Q3 2020*

4.0%

Of Vermont population received opioid analgesics in Q3 2020.

Nearly 80% of people who use heroin had previously misused prescription opioids. Limiting use to the minimum medically necessary amount is best practice.

Recent Highlights

- Youth Risk Behavior Survey [county level reports](#) are now available.
- The [Monthly Opioid Morbidity and Mortality Report](#) with November data is now available.
- The following items are available from anne.vandonsel@vermont.gov and will soon be posted on the Data and Reports section of the ADAP website:
 - Community Profiles for each County.
 - A brief overview of Medication Assisted Treatment in Vermont
 - Marijuana Use Highlights

Messaging

- New “Do Your Part” messaging launching in January promotes the availability of drop-off kiosks and pre-paid mail-back envelopes to dispose of unwanted medications.

Acronyms

ADAP – Alcohol & Drug Abuse Programs
BRFSS – Behavioral Risk Factor Surveillance System
CDC – Centers for Disease Control & Prevention
ED – Emergency Department
MAT – Medication Assisted Treatment
MME – Morphine Milligram Equivalent
OD – Overdose
SAMHSA – Substance Abuse & Mental Health Services Administration
VPMS – Vermont Prescription Monitoring System
YRBS – Youth Risk Behavior Survey

Definitions

Hub – Regional programs that provide intensive opioid use disorder treatment options, including high intensity Medication Assisted Treatment, and maintain strong connections to area Spokes. There are nine Hubs in Vermont.

Medication Assisted Treatment (MAT) – The use of methadone, buprenorphine, or naltrexone, in combination with counseling and behavioral therapies, to treat opioid use disorder.

Morphine Milligram Equivalent (MME) – The amount of morphine equivalent to the strength of the opioid dispensed. Using MME allows comparison between types and strengths of opioids.

Opioid Analgesic – Narcotic pain medication

Opioid Use Disorder (OUD) – Recurrent use of opioids causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.

Spoke – Office-based opioid treatment settings located in communities across Vermont. At many Spokes, opioid use disorder treatment is fully integrated into general healthcare and wellness services.

More Information

healthvermont.gov/scorecard-opioids

healthvermont.gov/RxAware

healthvermont.gov/opioids

healthvermont.gov/ADAPReports

healthvermont.gov/YRBS

References

healthvermont.gov/DoYourPart

www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm

www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use