

What's New

The KY SOS team released an educational document for patients receiving opioid medications. The material was developed by the team to provide information for patients who receive an opioid prescription for pain, whether it be when discharged from a hospital, emergency department, or prescribed by their primary care provider. The goal is to inform patients about pain, alternatives to opioids for treatment of pain (both pharmacologic and non-pharmacologic), the potential risks vs. benefits, and side effects of opioids and how to better communicate with their physician or health care provider. The document includes information about overdose, naloxone, and substance use disorder including several resources.

This material can be printed directly from the [KYSOS website](#) and given to appropriate patients. Link to access the patient handout: [Education Material](#)

IMPORTANT INFORMATION ABOUT YOUR OPIOID PRESCRIPTION

This information is to help you better understand the risks and benefits of taking an opioid medication that is prescribed to you. It may also help you communicate better with your doctor or healthcare provider when discussing your pain management. Always talk to your provider if you have any questions or concerns about pain, your prescription, and overall health.

1. Facts about Opioids:

- Opioid medications are a class of drugs used to reduce pain, but they may not eliminate pain completely.
- Some common examples of an opioid medication are hydrocodone, oxycodone, tramadol, codeine, morphine and fentanyl.
- The pain management plan that your physician or provider created for you, may include a combination of different types of medications and other treatments such as:
 - ▶ Non-opioid medications including over-the-counter medications (OTC)
 - ▶ Non-opioid prescription medications
 - ▶ Physical therapy, yoga, acupuncture, massage therapy, heat or cold packs, injections, etc.
- Opioids do NOT treat the cause of your pain but temporarily dull the feeling of pain.
- Opioids are highly addictive because they trigger powerful reward centers in the brain. Opioids are safer when used for the shortest time and at the lowest possible dose.
- Opioids are intended to be used for short-term treatment of pain.
- Opioids are not effective when taken long-term for chronic pain. Ask your provider about alternatives to opioids.

2. What Causes Pain?

- Pain occurs when the nerves at the location of an injury or surgery send a message to your brain which causes you to feel the sensation called pain.
- Pain is a normal part of the natural healing process after an injury or surgery.
- Pain is protective because it can warn you about danger or the need to seek medical care.
 - ▶ For example, pain tells you to remove your hand from a hot stove.
- Pain can also be related to a medical illness and alert you to seek medical care.

3. Side Effects and Safety Tips:

- There are many possible side effects that may occur when you take an opioid medication.
- Common Side Effects are constipation, sedation and drowsiness, nausea, vomiting, dizziness, or changes in mood such as euphoria (feeling "high").
- Always follow the instructions on your opioid prescription and take as directed. Do not take extra doses, a higher dose or dose more frequently without first speaking with your healthcare provider.

- continued next page -

- Only take an opioid medication that is prescribed to you.
- Do NOT share your opioid medication with others or take opioid medication from other people.
- **Opioids can cause overdose and death.** Opioid overdose causes breathing to markedly slow down which leads to hypoxia (the brain is deprived of oxygen). If and when breathing stops, death will occur from overdose.
- Do not take an opioid medication with alcohol or other medications that can cause drowsiness, unless prescribed by your provider. Taking an opioid together with benzodiazepines (such as alprazolam, diazepam, clonazepam, temazepam) significantly increases the risk of overdose.
- Ask your provider for a prescription of Naloxone which can be used in an overdose situation to help someone recover. (Naloxone is now also available without a prescription (OTC).
- Tell a friend or family member that you are taking a prescription opioid. **Be sure they know how to use Naloxone and where it is located. Tell friends and family to call 911 as soon as possible** if they give you Naloxone or have any concern about overdose symptoms. A second dose may be given. **Calling 911 is very important because emergency medical care may be necessary in addition to Naloxone**, even if a person starts breathing again.
- Be sure to safely store your opioid prescription so that it will not be stolen or accidentally taken by a child or pet. A locked container or safe may be used.
- Dispose of unused opioid medication safely.*
 - * To safely dispose of medications, visit: <https://www.dea.gov/takebackday#collection-locator> for locations. Many local pharmacies offer disposal services for medications. Please call your local pharmacy and inquire.

4. Ask questions and have a conversation with your provider

- Be sure that you understand the directions on how to take your opioid medication and how to contact your provider after hours and on weekends.
- Always ask your doctor or provider about the potential side effects and drug interactions when you receive a prescription.
 - ▶ For example: “What can I expect when I take this drug?”
 - ▶ “Is it safe for me to drive or operate machinery when I take this medication?”
 - ▶ “Is it safe to take with my other medications?”
- Be sure to tell your provider about all the medications you take, including over the counter (OTC) medications, vitamins, or supplements.
- Tell your provider if you have mental health conditions or a family history of mental health conditions.
- **Tell your provider if you have sleep apnea or a sleep disorder** because these conditions may increase the risks associated with taking an opioid medication.
- Tell your provider if you currently have SUD or a history of substance use disorder (SUD), including alcohol use disorder/ binge drinking or opioid use disorder (OUD). Let your doctor know if there is a family member with SUD.
- Tell your provider if you are on medication to treat SUD.
- If you are worried that you have SUD, talk with your provider and seek help. Substance use disorder is a chronic medical brain disease. OUD/SUD can be treated successfully. Medications used to treat OUD and SUD are effective and save lives.

5. Resources

Here are some resources if you or someone you know needs help or more information:

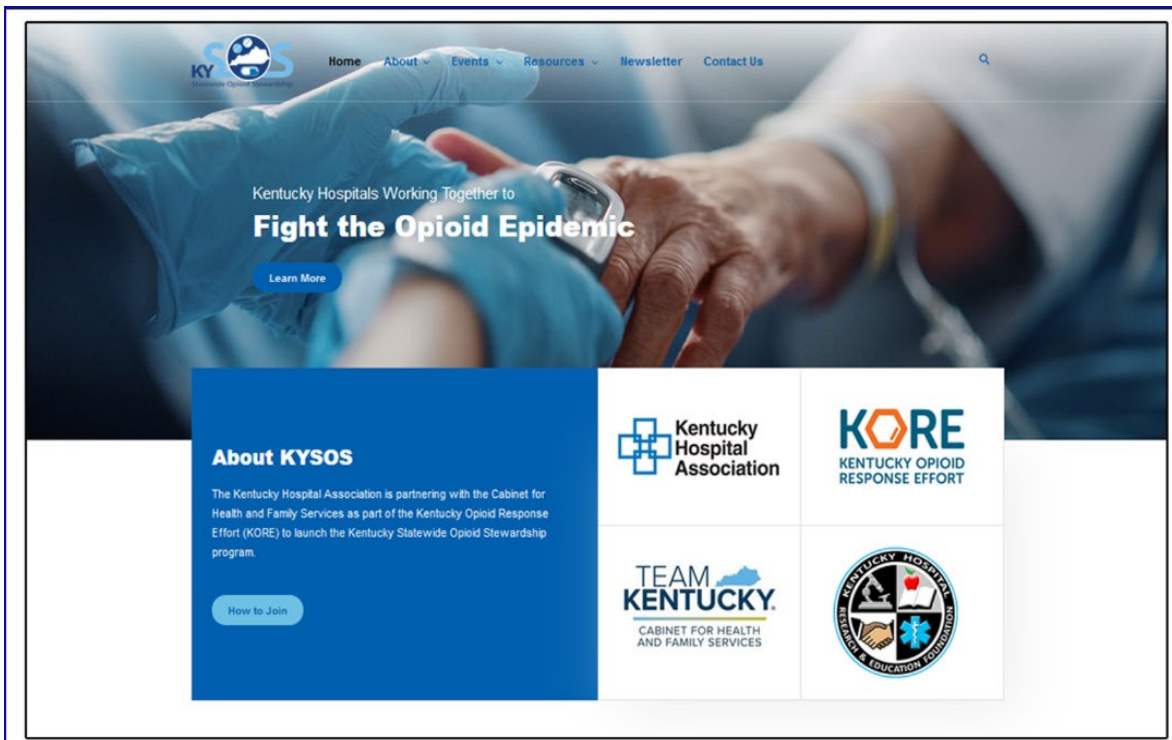
- **Find Help Now Kentucky:** 1-877-318-1871, or after hours: **Ky Opioid Assistance and Resource Hotline:** 1-800-854-6813
- **Experiencing a crisis?** Contact the **SUICIDE AND CRISIS HOTLINE:** **Call or Text: 988**
- **This link will help you find more information on Naloxone:** FindNaloxone.ky.gov
- **KY Statewide Opioid Stewardship Program:** www.kentuckysos.com

Refreshed KY SOS website

The Kentucky Hospital Association (KHA) is excited to announce the launch of the redesigned Kentucky Statewide Opioid Stewardship (KY SOS) website, <https://www.kentuckysos.com>.

Features on the new website include:

- A searchable Resource Library, with documents, websites, and recordings organized by category and date. Quickly drill down to find resources organized by Inpatient, Outpatient, ED Bridge, Employer Resources, and more!
- View maps of all Kentucky Inpatient, Outpatient, and ED Bridge Program sites
- View KYSOS webinar recordings from the past 12 months
- Inpatient and Outpatient Encyclopedia of Measures documents
- KYSOS newsletter archive



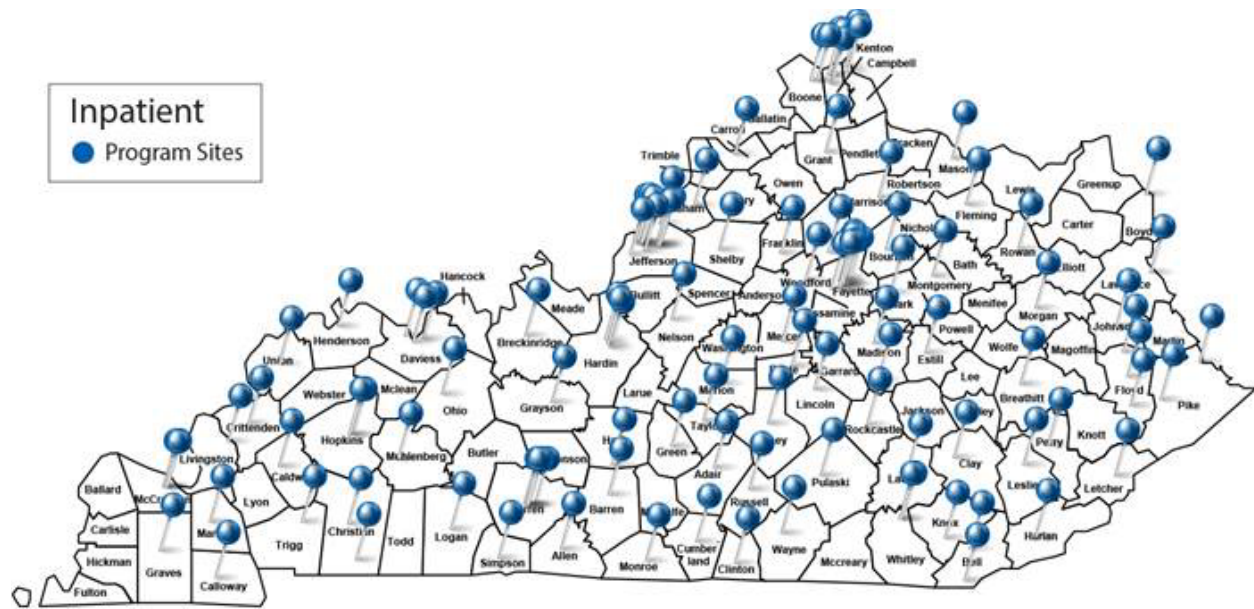
If you have a resource that you would like to see included on the new KY SOS website, please forward to Emily Henderson at ehenderson@kyha.com.

KY SOS On the Road- KYSOS Team Attends the 2024 Harm Reduction Summit

The KY Statewide Opioid Stewardship (KY SOS) Outpatient Primary Care team attended the 2024 Harm Reduction Summit in Louisville on June 20. The KY SOS Outpatient Primary Care program is managed by Shanna Jagers, PharmD and Marilyn Connors, D.O., pictured below. The KY SOS table was visited by many of the 500 attendees. Jagers and Connors discussed the importance of opioid stewardship in primary care with event attendees. KY SOS Outpatient Primary Care program utilizes the Six Building Blocks opioid improvement program to improve pain management and opioid stewardship efforts in primary care clinics across the state.



(Left to right: Shanna Jagers and Marilyn Connors)



Congratulations From KY SOS

The Kentucky Statewide Opioid Stewardship Program (KY SOS) is pleased to announce the successful completion of the American Society of Health-System Pharmacists (ASHP) Opioid Stewardship Certificate. KY SOS has sponsored these pharmacists as they continue their efforts in promoting safe prescribing of opioids in hospitals and clinics across Kentucky. We now have **24** pharmacists that have successfully completed the certificate. Congratulations to the following pharmacists:

- **Sydney Holmes, PharmD**- UofL Health – UofL Hospital
- **Matthew Oakley, PharmD, MBA, CPHQ** - Owensboro Health Muhlenberg Community Hospital
- **Joan B. Haltom, Pharm.D., FKSHP** - Ephraim McDowell Health
- **Angela Sandlin, PharmD, BCPS** - Baptist Health LaGrange
- **Hanna Earich, PharmD, BCPS** - UofL Health - Jewish Hospital
- **Marintha Short, PharmD, BCPS** - Continuing Care Hospital
- **Julie Edwards, PharmD, BCACP** - Robley Rex VA Medical Center
- **Leigh Ann Keeton, PharmD, BCPS**- King's Daughters Medical Center
- **Jacob Lyles, PharmD, RPh** - Owensboro Health Muhlenberg Community Hospital
- **Kelsee Crawford, PharmD** – Baptist Health Corbin
- **Janet Fischer, PharmD** – UofL Health – Mary & Elizabeth
- **Laura Stiles, PharmD** – Owensboro Health Muhlenberg Community Hospital
- **Emily Henderson, PharmD, LDE** – Kentucky Hospital Association
- **Shanna Jagers, PharmD** -Kentucky Hospital Association
- **Nicole Brummett, PharmD**- The Brook Hospitals KMI and DuPont
- **Dustin Peden, PharmD** – Logan Memorial Hospital
- **Lisa Patton, PharmD**- Mercy Health- Marcum & Wallace Hospital

- **Jessica Wagner, PharmD, BCPS**- Robley Rex VA Medical Center
- **Stacy Allen, PharmD**- Kentucky Hospital Association
- **Karen Sparks, RPh, MBA** - St. Elizabeth Healthcare
- **Margo Ashby, PharmD, MHA, BCPS** - Baptist Health Deaconess Madisonville
- **Candice Simpson, PharmD, BCPS, BS** – TJ Samson Community Hospital
- **Rachel Connors, PharmD, MBA, BCPS** – Baptist Health Floyd
- **Rebecca Williams, PharmD** - Kindred Hospital Louisville

Kentucky Opioid Response Effort (KORE)

Our partners at KORE have shared this public alert in regard to Medetomidine, issued by The Center for Forensic Science Research and Education (CFSRE) at the Fredric Rieders Family Foundation. Medetomidine, used as a veterinary sedative has been found in illicit fentanyl in the U.S. drug supply. For complete details on this alert, follow the link:

https://www.cfsre.org/images/content/reports/public_alerts/Public_Alert_Medetomidine_052024.pdf

Upcoming Events/Webinars

- **Patient Safety & Quality Healthcare (PSQH) Podcast.** [PSQH: The Podcast Episode 103 – Supporting Nurses with Substance Abuse Disorders](#) Listen to The Podcast and hear from **Deborah Koivula, RN, BSN, CARN** the Outreach Coordinator for Statewide Peer Assistance for Nurses in New York. Learn how employers can support nurses and create a culture of openness, compassion, and awareness around SUD.
- **KY-OPEN Overdose Prevention Education Network**
Visit the website and view teleconferences to hear from clinical experts and community participants about OUD while earning free continuing education credits. Visit the website to learn more: <https://kyopen.uky.edu/>
- **MAT Training:**
Educational offerings to meet the new DEA educational requirement on SUD/ODU
CME Courses: AMA Ed Hub link: <https://edhub.ama-assn.org/course/302>

Providers Clinical Support System (PCSS) link: <https://pcssnow.org/education-training/sud-core-curriculum/>

American Society of Addiction Medicine (ASAM) link: [ASAM eLearning: The ASAM Treatment of Opioid Use Disorder Course](#)

- Boston Medical Center's (BMC) **Zeroing in on Xylazine**. This training will provide knowledge regarding xylazine, a CNS depressant, which has been linked to an increasing number of overdose deaths in the US. This training will discuss the physiologic effects of xylazine, manifestations of xylazine intoxication, overdose, communicable infections associated with xylazine use, and wound care for persons injecting xylazine. **August 19, 2024, 12:00 pm–1:00 pm ET** via Zoom. To register: [Zeroing in on Xylazine | Register | Training | Grayken Center for Addiction TTA | Boston Medical Center \(addictiontraining.org\)](#)
- Boston Medical Center's (BMC) **Long-Acting Injectable Buprenorphine Treatment for Opioid Use Disorder**. This training provides healthcare teams with information on available injectable buprenorphine formulations for the treatment of opioid use disorder and how to implement them into clinical practice. **July 25, 2024, 12:00 pm – 1:00 pm ET** via Zoom. To register: [Long-Acting Injectable Buprenorphine Treatments for Opioid Use Disorder | Register | Training | Grayken Center for Addiction TTA | Boston Medical Center \(addictiontraining.org\)](#)
- **Striking a Balance: Understanding Pain and Opioids**- This FREE 2.5-hour, online course is designed to meet the FDA's Opioid Analgesic REMS and will cover the latest science and best practices surrounding the prescription of opioids for pain. To register, follow this link to ASAM eLearning: [ASAM eLearning: Striking a Balance: Understanding Pain and Opioids 2024](#)
- **Addiction 101: July 9, 2024, 2:00 - 3:00 PM ET**
Presenters: **Brittany L. Carney, DNP, FNP-BC** and **Annie Potter, MSN, MPH, NP**.
This Opioid Response Network (ORN) training sponsored by the Grayken Center for Addiction TTA at the Boston Medical Center will provide the foundational knowledge on addiction as a chronic medical condition and an overview of evidence-based interventions, including medications for addiction treatment. [Register here.](#)

The Kentucky Dept. for Behavioral Health, Developmental and Intellectual Disabilities' Division of Mental Health is proud to sponsor these free AMSR trainings.

The Assessing and Managing Suicide Risk training aims to provide participants with the background knowledge and practical skills that they need to address suicidal risk and behaviors in clients in their care. Participants will have the opportunity to increase their knowledge and apply practical skills in the five areas of AMSR competency. AMSR trainings settings are appropriate for **clinical professionals who conduct suicide risk assessments with patients, including counselors, social workers, therapists, psychologists, psychiatrists, and registered**

nurses. For more information, please check out the AMSR SUD website:

<https://solutions.edc.org/solutions/zero-suicide-institute/amsr/curricula/amsr-sud>

We have 35 free spots per training so please register quickly as they will go fast. Please register for only one class using the registration link below. Participation includes an AMSR participant manual as well as CEUs. These are **virtual trainings** and participants are asked -to be on camera and engaged throughout the day.

If you have questions please feel free to reach out to Beck Whipple, beck.whipple@ky.gov or Maranda Perkins, MarandaK.Perkins@ky.gov



Assessing and Managing Suicide Risk —Training for Clinicians & Healthcare Professionals

ZEROSuicide
INSTITUTE



AMSR is for Health and Behavioral Health Professionals working in Out-patient and Substance Use Disorder spaces. The curriculum helps develop skills in the recognition, assessment, and management of suicide risk and the delivery of effective suicide-specific interventions.

Dates:

May 17, 2024	May 23, 2024	June 4/5, 2024 (8:00 AM to 11:30 AM)	June 14, 2024	July 12, 2024	July 25, 2024	August 22, 2024
-----------------	-----------------	---	------------------	------------------	------------------	--------------------

Time:

9:00 AM — 5:00 PM

Free, Virtual 7 Hour Training



[Register Here](#)

CEUs Approved LCSW, LPCC, LMFT, PYS, LCADC, & Nursing





Substance Prevention and Recovery Knowledge (S.P.A.R.K.) Summit

Murray State University- Paducah Regional Campus

4430 Sunset Ave, Paducah, KY 42001

Thursday, August 22, 2024

8:00 am - 4:00 pm

✦ **FREE ADMISSION | FOOD PROVIDED** ✦

CEUs offered for:

- Nursing
- Department for Local Government (7 hrs)

Seeking CEUs for:

- Emergency Medical Services (EMS)
- Family Resource and Youth Services Center (FRYSC)
- Pharmacists
- Clinical Alcohol and Drug Counselors
- Social Workers
- Psychology
- Peer Support Specialist (PSS)
- Community Health Workers (CHW)

Presenters & Topics:

✦ Jon Zibbell, PhD | *America's Synthetic Drug Epidemic and Growing Toxicity of the Illicit Drug Supply: Implications for Public Health and Community Response*

✦ Nicholas Peiper, PhD, MPH | *HIV Self-Testing Program Among People Who Use Illicit Drugs*

✦ Alex Elswick, PhD, MA | *Recovery Capital: Assets, Not Abstinence*

✦ AJ Garnett, BIS | *Addressing Stigma Surrounding HIV*

✦ Cheryl McClain, MD | *Opioid Use Disorder and Medication Assisted Treatment (MAT) Explained*

✦ Mica Williams, JD & Tara Tucker, MS | *Deflection 101: First Responder and Community-Based Alternative Responses to the Substance Use Crisis*

✦ Courtney Jeffries, BIS & Joanne Goods, BA | *Hard-to-Reach Populations*

Introducing our S.P.A.R.K.
Keynote Speaker



Jon Zibbell, PhD.

Senior public health scientist in the Behavioral and Urban Health Program at the RTI International where he conducts behavioral epidemiological research on risk factors and health outcomes associated with the opioid epidemic and injection drug use. Jon is a medical anthropologist with two decades of field experience in the areas of injection drug use, opioid use disorder, drug overdose and injection-related infectious disease.

America's Synthetic Drug Epidemic and Growing Toxicity of the Illicit Drug Supply: Implications for Public Health and Community Response

TO REGISTER &
FOR MORE
INFORMATION



The Western Kentucky Opioid Taskforce is hosting the Substance Prevention and Recovery Knowledge (S.P.A.R.K.) 🌟 Summit on **Thursday, August 22** at the MSU-Paducah Regional Campus from **8 am to 4 pm**.

Topics will include synthetic opioids, research about HIV self-testing programs, recovery capital, stigma surrounding HIV, medication for opioid use disorder, deflection/diversion programs, and a panel of those bridging the gap between the hard-to-reach populations.

Presenting speakers include **Jon Zibbell, PhD** Senior Public Health Analyst, Research Triangle Institute, **Nick Pieper, PhD, MPH** Associate Professor for the University of Louisville School of Public Health and Information Sciences, **Alex Elswick, PhD, MA** Co-Founder of Voices of Hope, Assistant Professor and Extension Specialist for Substance Use Prevention and Recovery for the University of Kentucky, **AJ Garnett, BIS** Early Intervention Services Prevention Manager, LivWell Community Health Services, **Cheryl McClain, MD** State Medical Director with BrightView Health, **Mica Williams, JD** Senior Program Manager, Treatment Alternatives for Safe Communities (TASC) for Health and Justice, **Tara Tucker, MS** Community Paramedic and Mental Health Professional at Cape Fear Valley's Mobile Integrated Health Program, **Courtney Jeffries, BIS** Executive Director of Graves County ASAP, and **JoAnne Goods, BA** Racial, Ethnic, and Equity Disparities Coordinator (REED) for Kentucky Specialty Courts.

As of now, S.P.A.R.K. will offer CEUs for nursing and 7 hours towards Department for Local Government (DLG) credits. S.P.A.R.K. is currently seeking out continuing education units (CEUs) for those in emergency medical services (EMS), family resource youth services center (FRYSC), pharmacy, clinical alcohol and drug counselors, social workers, psychology, peer support specialist (PSS), and community health worker (CHW) fields.

Visit our website or scan the flyer's QR for registration, information, and updates! Please share this event with anyone who might be interested in attending!

<https://sites.google.com/view/s-p-a-r-k-2024/home>

TIME TO
REMEMBER.
TIME TO ACT.



International Overdose
Awareness Day
31 August

International Overdose Awareness Day (IOAD) – held on **August 31** every year – is the world’s largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind.

Our theme for 2024 is “**Together we can**”, highlighting the power of our community when we all stand together.

#TogetherWeCan #IOAD2024 #EndOverdose

In the News

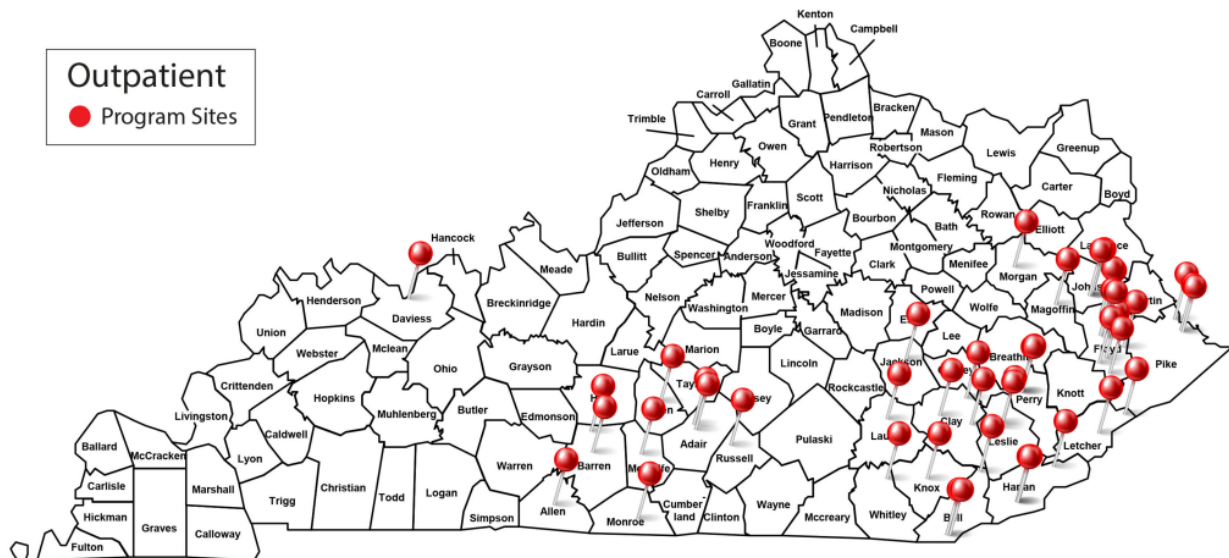
- KHA is excited to share the great news of being awarded grant funding from the Kentucky Opioid Abatement Advisory Commission. KHA is one of 51 organizations to be awarded these funds. The awarded funds will be used to grow the KY SOS Emergency Department (ED) Bridge Program in hiring peer support specialists (PSS). These PSS will be providing the necessary linkage of care to people ready to enter recovery. For the complete press release: [Grant Press Release](#)
- Governor Andy Beshear announced in June for the second consecutive year in a row, Kentucky saw a decrease in fatal overdose. According to the 2023 Kentucky Drug Overdose Fatality Report, a reduction of 9.8% was reported compared to 2022 fatal overdose numbers. The complete report can be accessed following the link: [2023 Kentucky Drug Overdose Fatality Report](#) and a link to Governor Andy Beshear's announcement: [Article](#)
- Becker's Healthcare released *Strides in women's health procedures: How Innovative pain management is improving costs + outcomes in same-day surgeries*. [White Paper]. Read this publication to learn more about multimodal pain management protocols three physicians are utilizing to reduce opioid usage intraoperatively and post-operatively in gynecological surgeries: [Becker's Healthcare - Choose Your Clinical Topics \(beckershospitalreview.com\)](#)
- Non-invasive brain stimulation offers potential hope for treating addiction. A recent article published in REACHMD details this option. For access to the article: [Hitting the Target with Non-Invasive Deep Brain Stimulation: Potential Therapy for Addiction, Depression, and OCD - Be part of the knowledge - ReachMD](#)
- University of Kentucky HealthCare along with Eastern State Hospital in Lexington, KY are collaborating to offer mental crisis care. Together the two will be opening a behavioral health emergency department (ED) dedicated to those in crisis, located at Eastern State Hospital. This dedicated ED will serve all mental health needs including addiction. For the complete article published in the Lexington Herald-Leader: [Article](#)
- A recent press release from CMS shares findings from a cohort study conducted by multiple federal agencies on nonfatal overdose in Medicare beneficiaries. Noted in the press release are lifesaving treatment following an initial nonfatal overdose in addition to gaps in treatment/prevention of subsequent overdose. For the complete release from CMS: [Federal Study Examines Care Following Nonfatal Overdose Among Medicare Beneficiaries; Identifies Effective Interventions and Gaps in Care | CMS](#)

- A recent news release from the National Institutes of Health (NIH) revealed an exponential growth in seizure of illicit fentanyl in tablet form from 2017 to 2023 in the United States. These counterfeit tablets often match the markings of pharmaceutically manufactured tablets thus the dangers of unintentional ingestion. For the complete news release: [Over 115 million pills containing illicit fentanyl seized by law enforcement in 2023 | National Institutes of Health \(NIH\)](#)
- Another route for use of fentanyl growing in popularity is via inhalation. A study was conducted in San Francisco among those that used fentanyl via this route. The risk of overdose has been linked to inhalation due to residual residue on the smoking device. For the complete article in ReachMD: [The Smoking of Fentanyl Is Rising in San Francisco: A Deadly New Risk for Overdose - Be part of the knowledge - ReachMD](#)

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, **Stacy Allen** sallen@kyha.com, **Marilyn Connors** mconnors@kyha.com, **Shanna Jagers** sjagers@kyha.com, **Mary Beth Ecken** mecken@kyha.com or **Melanie Landrum** mlandrum@kyha.com.

KY Quality Counts – for all your quality data reporting: <https://www.khaqualitydata.org>



Primary Care Clinic Outpatient Program

KY SOS now has 3 branches: Inpatient, Outpatient and ED Bridge program. The Cabinet for Health and Family Services approached KHA to expand its bandwidth and provide education and guidance in opioid stewardship to hospital owned primary care clinics. The suggested program, called Six Building Blocks (6BB), was created by a physician-led multidisciplinary team from the University of Washington Department of Family Medicine and the Kaiser Permanente Washington Health Research Institute. The 6BB Program is a team-based approach to improving opioid management in primary care. In its entirety, the 6BB Program is a 9-to-12-month commitment for primary care clinics. This program is a “clinic redesign” with goals to improve safety and consistency in accordance with evidence-based clinical practice guidelines when treating chronic pain patients on long-term opioid therapy. Information about the 6BB Program can be found on the website: <https://familymedicine.uw.edu/improvingopioidcare/>.

The Six Building Blocks are as follows:

1. Leadership and Consensus-Demonstrate leadership support and build organization-wide consensus to prioritize more selective and cautious opioid prescribing. Solicit and respond to feedback.
2. Policies, Patient Agreements and Workflows-Revise, align, and implement clinic policies, patient agreements, and workflows for health care team members to improve opioid prescribing and care of patients with chronic pain.
3. Tracking and Monitoring Patient Care-Implement proactive population management before, during, and between clinic visits of all patients on long-term opioid therapy. Develop tracking systems, track patient care.
4. Planned, Patient-Centered Visits-Prepare and plan for the clinic visits of all patients on long-term opioid therapy. Support patient-centered, empathetic communication for care of patients on long-term opioid therapy. Develop, train staff, and implement workflows and tools; develop patient outreach and education.
5. Caring for Patients with Complex Needs-Develop policies and resources to ensure that patients who develop opioid use disorder (OUD) and/or who need mental/behavioral health resources are identified and provided with appropriate care, either in the primary care setting or by outside referral. Implement assessment tools; identify and connect to resources for complex patients.
6. Measuring Success-Identify milestones and monitor progress. Measure success and continue improving with experience.

Appalachian Regional Healthcare (ARH) was the first health system in Kentucky to implement this important program. As the pilot health system, the 6BB program has been implemented into all ARH clinics. Thank you to ARH for piloting this 6BB program! The goal for this 6BB Program is to be implemented across the state. Clinics are currently being recruited to implement outpatient work. In addition to ARH, TJ Regional Health has implemented the 6BB

program into their primary care clinics, and AdventHealth Manchester is currently implementing the program.

KY SOS is pleased to announce that Owensboro Health Medical Group has joined the Outpatient Primary Care program, for hospital-owned primary care clinics.

Thank you to ARH, TJ Regional Health, AdventHealth Manchester, and Owensboro Health Medical Group for your commitment to safe, consistent, and patient-centered opioid management throughout your primary care clinics.

Ongoing recruitment and education for this program is a priority of the KY SOS program. Reducing opioid overprescribing while improving safer opioid use in outpatient primary care clinics in Kentucky continues to be the KY SOS mainstay and goal. If your facility has interest in learning more about the 6BB program and implementing, contact Emily Henderson (ehenderson@kyha.com), Shanna Jagers (sjagers@kyha.com) or Marilyn Connors (mconnors@kyha.com) for more information about the KY SOS 6BB program implementation.

Barriers to Treatment and Recovery from Substance Use Disorder

Shanna Jagers, PharmD

In 2023, Kentucky saw a decrease in opioid overdose deaths of 9.8%. Over 18,000 individuals received substance use treatment services, and over 14,000 received help in accessing recovery services. Access to treatment and recovery resources remains a critical component in combatting the opioid crisis. However, for many people struggling with substance use disorder (SUD), significant barriers to treatment and recovery exist.

Many studies have identified barriers to SUD treatment and recovery as varied and numerous. These factors have been identified on a number of levels, from structural obstacles to social and personal impediments.

At a structural level, studies have shown that barriers can arise from problems with treatment services. For example, the treatment and recovery system can be complex and difficult to navigate. Wait times to access treatment services can be long, and availability of services can vary by geographical area, with rural areas often underserved. Individuals with mental health needs, women, and other special populations are also often underserved, creating barriers to successful treatment and recovery.

Policies that are unfavorable to treatment and recovery also serve as structural barriers. This can include lack of prioritization of harm reduction services, as well as policies that do not allow for implementation or continuation of MOUD in the correctional setting.

Barriers to treatment and recovery are also felt at the individual and social level. Many individuals with SUD may have incorrect ideas about treatment, for example, that it is unnecessary, or that it is preferable to withdraw on their own. Regarding Medications for

Opioid Use Disorder (MOUD), they may have the misconception that these medications are simply replacing one addiction for another.

Individuals may have fears that treatment will have a negative impact on other aspects of their life (loss of employment, loss of child custody). Stigma surrounding SUD remains a significant obstacle in our society to treatment and recovery and may lead to a reluctance of individuals to seek treatment. Lack of family and social support structure has also been identified as a barrier to successful recovery. Likewise, lack of stable housing can be a barrier. Stable housing plays such an important role in recovery success, The Substance Abuse and Mental Health Services Administration (SAMHSA) includes it as one of their four major dimensions of recovery.

In addition, SAMHSA defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Therefore, reducing and removing barriers to treatment and care is essential to the recovery process for individuals with SUD.

KY SOS strives to improve opioid stewardship and promote access to care through Inpatient, Outpatient and ED Bridge initiatives. For more information on KY SOS opioid stewardship programs, please visit: [KYSOS \(kentuckysos.com\)](https://kentuckysos.com).

For more information on treatment and recovery services in Kentucky, please visit:

<https://findhelpnow.org/>

<https://findrecoveryhousingnowky.org/>

<https://www.chfs.ky.gov/agencies/dbhdid/Documents/AboutKORE.pdf>

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9434658/>

<https://www.ruralhealthinfo.org/toolkits/substance-abuse/1/barriers>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4695242/>

<https://www.samhsa.gov/find-help/national-helpline>

<https://opioidprinciples.jhsph.edu/how-stable-housing-supports-recovery-from-substance-use-disorders/>

<https://governor.ky.gov/attachments/2023-Drug-Overdose-Fatality-Report.pdf>

With the addition of an ED Bridge Program, these hospitals will help patients find treatment and recovery, thus saving lives in Kentucky communities. This is important work, and we are thankful for these hospitals pledging their support to help fight the state's opioid epidemic. Please contact Emily Henderson (ehenderson@kyha.com), Mary Beth Ecken (mecken@kyha.com) or Melanie Landrum (mlandrum@kyha.com) if you have questions about the ED Bridge program. KY SOS is looking forward to working together to grow the ED Bridge Program across Kentucky.

KY SOS Emergency Department (ED) Bridge Programs Launch Naloxone Initiative

The KY SOS Emergency Department (ED) Bridge team, in collaboration with Kentucky Opioid Response Effort (KORE) and Kentucky Pharmacists Association (KPhA), will provide take home naloxone to all patients upon discharge from the ED. Patients with a history of overdose (OD), risk for OD, or opioid use disorder (OUD) diagnosis will receive naloxone in hand, thus saving lives and having a significant impact on Kentucky communities.

To receive naloxone through KORE, all requesting ED Bridge Programs are encouraged to complete training in overdose education and how to use naloxone. Additionally, it is recommended to provide patient counseling on the following:

1. Educate the recipient on how to recognize an opioid overdose.
2. Inform the recipient to seek help by calling 911 in an emergency.
3. Educate the recipient on the proper use of the formulation being distributed.

Consider counseling family members or friends that are present as well. Contact information for family members or friends educated should be entered into the provider's note or as an emergency contact electronic health record (EHR) if applicable.

An overdose happens when someone takes too much of an opioid.

A person who has overdosed will be unable to wake up or talk to you.

Their breathing may be slow and shallow.

They may not be breathing at all.

Find Naloxone NowKY
FindNaloxoneNowKY.org

Give Naloxone!

*Naloxone reverses overdose.
Act quickly!*

Peel **Place** **Press**

Peel back the foil and remove the nasal spray.

Gently **insert** the nozzle into their nostril.

Press the plunger all the way in until it clicks.

Naloxone nasal spray takes 2-3 minutes to work!
Wait at least 2 minutes for a response before giving more.
CALL 911! Give rescue breaths while you wait. ➔

The image above can be printed and given to patients. It discusses how to recognize an overdose, how to use naloxone, and to seek help by calling 911.

Naloxone provided through the KY SOS ED Bridge Programs (in collaboration with KORE) cannot be billed to insurance and should be kept in a separate storage area from other medications that may be billed.

To comply with this requirement the following is suggested:

- ✓ Storage must be separate from other medications that are billed to patient's insurance.
- ✓ Best practice is for naloxone storage to be unlocked for ease of access to facilitate low barrier distribution.
- ✓ Naloxone can be stored in or on cabinets, closets, drawers, open shelves, desktops, countertops, or tabletops.
- ✓ A staff member should retrieve the requested naloxone from one of the hospital's distribution points when a patient is being discharged from ED with history of overdose (OD), risk for OD, or OUD diagnosis.
- ✓ A staff member should then record and log inventory on a log sheet.
- ✓ If the individual receiving naloxone is currently registered as a patient, a note can be added to the electronic health record documenting naloxone was distributed and overdose education was provided.

Agencies distributing naloxone through the KY SOS ED Bridge Program will be asked to collect and report distribution data using ReadyOp, a digital data submission tool.

Naloxone distribution data to be collected includes: (an individual may decline to answer demographic questions)

1. Date of distribution
2. Zip code of residence
3. Race / Ethnicity
4. Gender
5. Age
6. Experience with naloxone (FIRST, REPLACED, EXPIRED)
7. Product given
8. Quantity given

All KY SOS ED Bridge Programs can begin requesting naloxone on July 1, 2024. Please consider training staff on how to use naloxone and overdose education. Patient educational materials can be found on [FindNaloxoneNowKY.org](https://www.findnaloxonenowky.org). Adhere stickers to naloxone to spread the word about the ED Bridge Program and how naloxone saves lives!

Sources:

California Bridge: Take-Home Naloxone Distribution Program Summary Template

Kentucky Pharmacists Association: Naloxone Requests for Kentucky Agencies

Kentucky Opioid Response Effort (KORE)

FindNaloxoneNowKY.org

Information was also obtained from the webinar presentation: Naloxone Distribution in Emergency Department (ED) Bridge Programs presented on **June 25, 2024**, by Emily Henderson, Mary Beth Ecken, and Jody Jagers to KY SOS ED Bridge Programs.

DBHDID-TRIS

A new resource is now available from the Department for Behavioral Health, Developmental and Intellectual Disabilities- Training Records Information System (DBHDID-TRIS). This resource assists peer support specialists and targeted case managers with training, certification, and recertification. A compliance search page is also available through this resource to allow for checking of the certification status of peer support specialists. For the web-based resource, please visit: <https://tris.dbhdid.ky.gov/>.

KY SOS Community Highlights

Be sure to send your area events/activities/program information you wish to share, and the KY SOS program will be happy to spread the word across the state. The following opportunities have been shared with KY SOS.

Employment Opportunity with Owensboro Health Twin Lakes (Leitchfield KY), link below.

Clinical Pharmacist in Leitchfield, KY - Owensboro Career Site:

<https://owensboro-health-careers.hctsportals.com/jobs/1839735-clinical-pharmacist>



**SAVE
THE
DATE**

THE INAUGURAL VOICES OF HOPE PEER CONFERENCE

**OCTOBER
2 & 3,
2024**

**at the
Lexington
Clarion
Hotel**



**TRANSFORM
YOUR TOOLBOX**
FOR PEER SUPPORT
SPECIALISTS, PEER
NAVIGATORS, AND
RECOVERY COACHES

**FREE!
Registration
opens
August 15**

Earn up to 10 CE hours for APSS
Training topics include:
Motivational Interviewing
Compassion Fatigue and Grief
All Pathways of Recovery
and MORE!

Did You Know...?

KY SOS Advisory Committee members will come to your facility or schedule a zoom meeting for technical assistance. This opportunity allows your staff to get specific education on opioid best practices. If you have specific questions, reach out to KHA/KY SOS staff and you will be connected with the appropriate KY SOS Advisory Committee member.

Resources

Mental Wellness Resource Guide

The Department for Behavioral Health, Developmental and Intellectual Disabilities has created a resource guide to promote mental wellness. This resource is rich in information to increase knowledge concerning mental health and skill building to improve mental wellness. Since June is Men's Health Month, this resource is packed full of helpful information for men. Please follow the provided link to access mental health resources applicable to everyone:

<https://kyprevention.getbynder.com/m/5d195b9ea830ab6/original/Men-s-Health-Month-2024.pdf>

You can access additional Mental Health Promotion and Suicide Prevention resources at:

<https://bit.ly/44bNJOu>

Kentucky Access to Recovery (KATR)

Kentucky Access to Recovery (KATR) launched an updated webpage earlier this month at:

<https://fahe.org/kentucky-access-to-recovery/>.

KATR (Kentucky Access to Recovery) is a KORE funded program offering recovery support services for people with OUD and/or StimUD. Applicants must be referred by an agency or case worker working with the client, who meets criteria:

- A resident of one of these counties: Jefferson, Oldham, Shelby, Spencer, Bullitt, Henry, Campbell, Letcher, Pike, Knott, Perry, Harlan, Wolfe, Lee, Owsley, Floyd, Boone, Kenton, Grant, Gallatin, Henry, Floyd, Pendleton, Carroll, Madison, Estill, Clark, Powell, Bourbon, Scott, Harrison, Robertson, Nicholas, Montgomery, Bath, and Menifee
- A first-time participant in the KATR program;
- In treatment (or completed treatment within the past one (1) year) for Opioid Use Disorder, Stimulant Use Disorder, or history of overdose from Opioid use;
- Low income (i.e., **200% below the Federal Poverty Level**); and
- In need of recovery support that will enhance their likelihood of staying in recovery. A need for KATR support services alone is not sufficient. KATR services **MUST** be tied to the individual's recovery plan which the client is working on with a recovery case manager at a referring agency. The support services must be necessary to keep the client on his/her recovery journey.
- Priority will be given to individuals who meet the above criteria and are: 1) justice-involved, 2) a veteran, or 3) pregnant individuals with child(ren) under 18 living in the home.

- Priority services are housing, transportation, and employment.

Never Use Alone

A lifesaving resource is available to people who use drugs while alone. If you have patients or know individuals that use drugs while alone, please encourage them to call **800-484-3731** or visit the website: <https://neverusealone.com/main/>. This nationwide overdose prevention, detection, crisis response and reversal lifeline provide a NO Judgement, NO Stigma, Just Love approach by an all-volunteer peer-run call center. Operators are available 24 hours a day, 7 days a week, 365 days a year.

The Kentucky Naloxone Copay Program

The Kentucky Naloxone Copay Program, funded by Substance Abuse and Mental Health Services Administration (SAMHSA), increases access to naloxone for all individuals in communities across KY. The copay program works by reducing the out-of-pocket expense for naloxone products. OTC Narcan is now included in the program. For complete details on the Kentucky Naloxone Copay Program, please

visit: <https://www.kphanet.org/copay#:~:text=For%20Naloxone%20Prescriptions%3F-,How%20Much%20Does%20The%20Kentucky%20Naloxone%20Copay%20Program%20Pay%20For,their%20third%20party%20prescription%20coverage>

Additional Resources on the 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
- Find Recovery Housing Now KY is a real-time SUD recovery network to help individuals in recovery locate housing. This website links individuals in recovery to safe, quality, and available housing in Kentucky. For more information, visit the website at: <https://www.findrecoveryhousingnowky.org/>
- Kentucky Opioid Response Effort (KORE) has funded access to treatment and recovery for individuals who have 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>
- Kentucky Recovery Housing Network (KRHN) is the state resource for recovery residence providers. Please visit: <https://chfs.ky.gov/agencies/dbhddid/Pages/krhn.aspx>
- The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline. Please visit: [Lifeline \(988lifeline.org\)](http://Lifeline(988lifeline.org))
- Find Naloxone Now KY is a statewide naloxone access portal and locator map that connects Kentuckians to 136 locations where naloxone is available locally and free of charge. For locations near you, visit the website at: [Find Naloxone Now KY](#)

- Addictionary: <https://www.recoveryanswers.org/addiction-ary/>

All other KY SOS resources can be found at <http://www.kentuckysos.com/Resources>

For more information, please visit: www.kentuckysos.com

To contact a KY SOS staff member:

Melanie Landrum for data-related questions – mlandrum@kyha.com

Emily Henderson for ED Bridge, outpatient, inpatient, and program related questions–
ehenderson@kyha.com

Mary Beth Ecken for ED Bridge questions- mecken@kyha.com

Shanna Jagers for outpatient primary care clinic questions- sjagers@kyha.com

Marilyn Connors for outpatient primary care clinic questions- mconnors@kyha.com

Stacy Allen for inpatient pharmacy related questions – sallen@kyha.com

Missed a webinar or newsletter? All presentations are recorded, and newsletters filed at:

www.kentuckysos.com

[Resources \(kentuckysos.com\)](http://www.kentuckysos.com/Resources)

[Presentations & Recordings \(kentuckysos.com\)](http://www.kentuckysos.com/Presentations%20&%20Recordings)