

COUNTY OF SAN DIEGO OVERDOSE DATA TO ACTION (OD2A) PROGRAM

*Behavioral Health Advisory Board Alcohol &
Other Drugs Prevention Subcommittee*

Wilma J. Wooten, M.D., M.P.H., Public Health Officer
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04/19/23



TODAY'S OBJECTIVES



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- What is the Problem?
- Overview of OD2A
- OD2A Strategies & Activities
- OD2A Evaluation

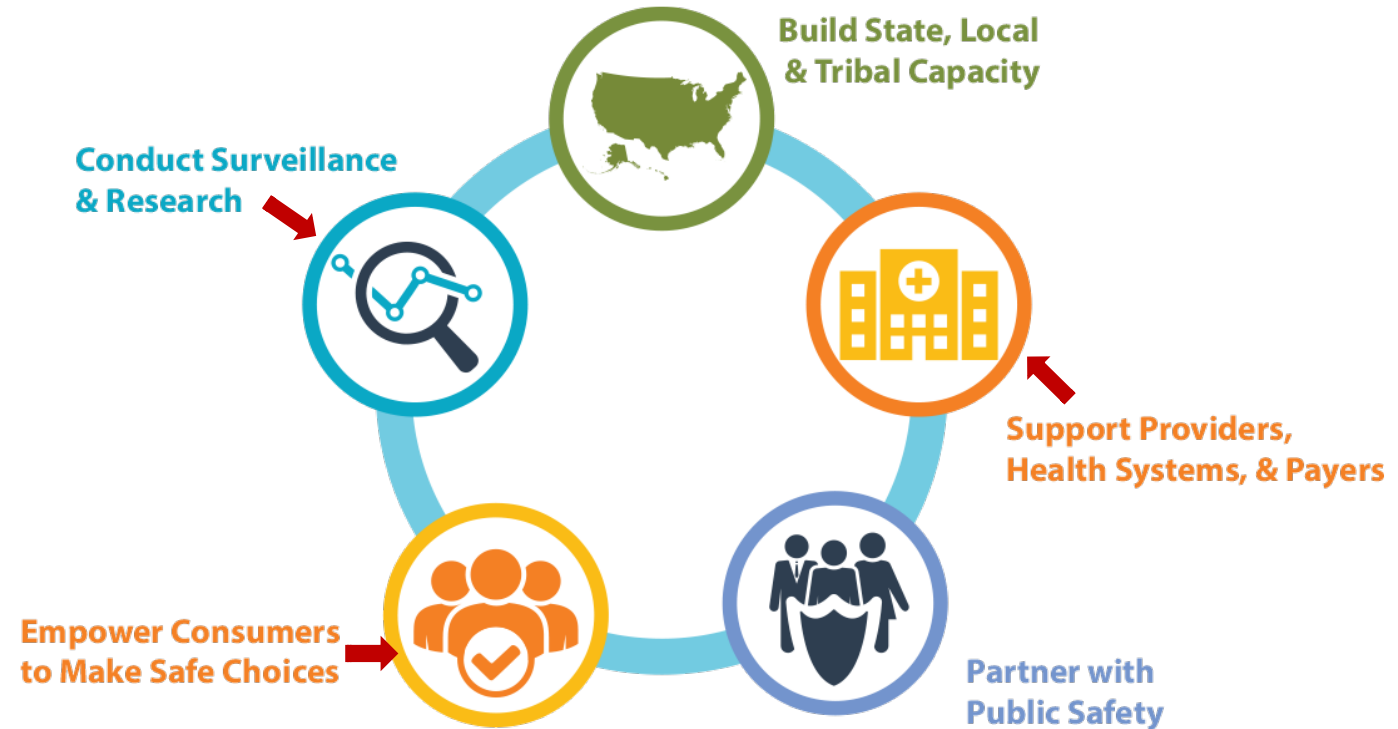


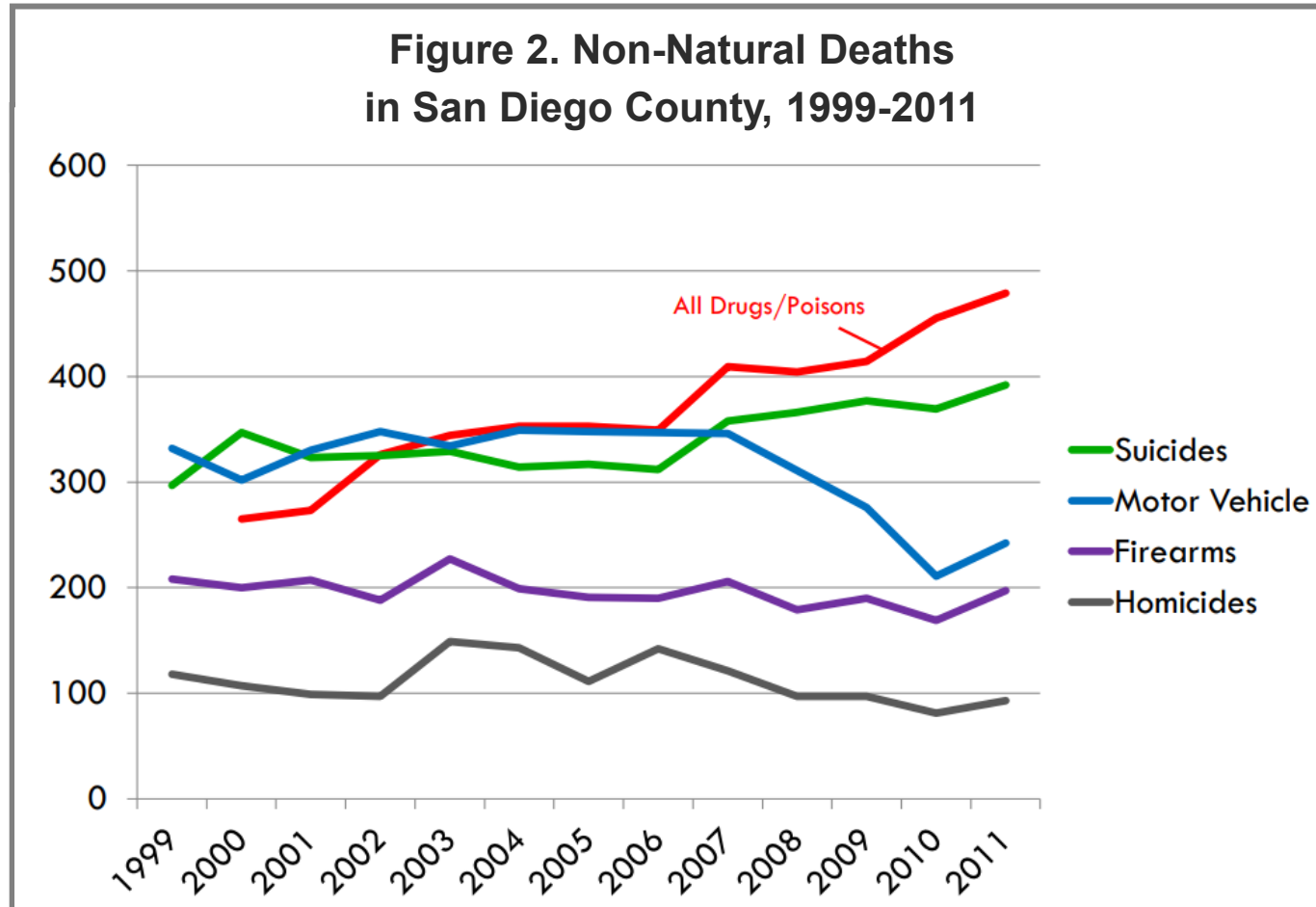
Figure 1. The image above illustrates the key strategies of the OD2A grant.
Please view the next page for more information on the 5 key strategies.
Image Source: Centers for Disease Control and Prevention, 2019.



WHAT'S THE PROBLEM?



NON-NATURAL DRUG DEATHS



Source: San Diego Prescription Drug Abuse Medical Task Force, 2012

Figure 2 ([OD2A Newsletter](#)). shows the count of non-natural deaths in San Diego County from 1999 to 2011.

PROVISIONAL COUNTS OF DRUG OVERDOSE DEATHS: UNITED STATES



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Figure 5. 12 Month-ending Provisional Counts of
Drug Overdose Deaths: United States

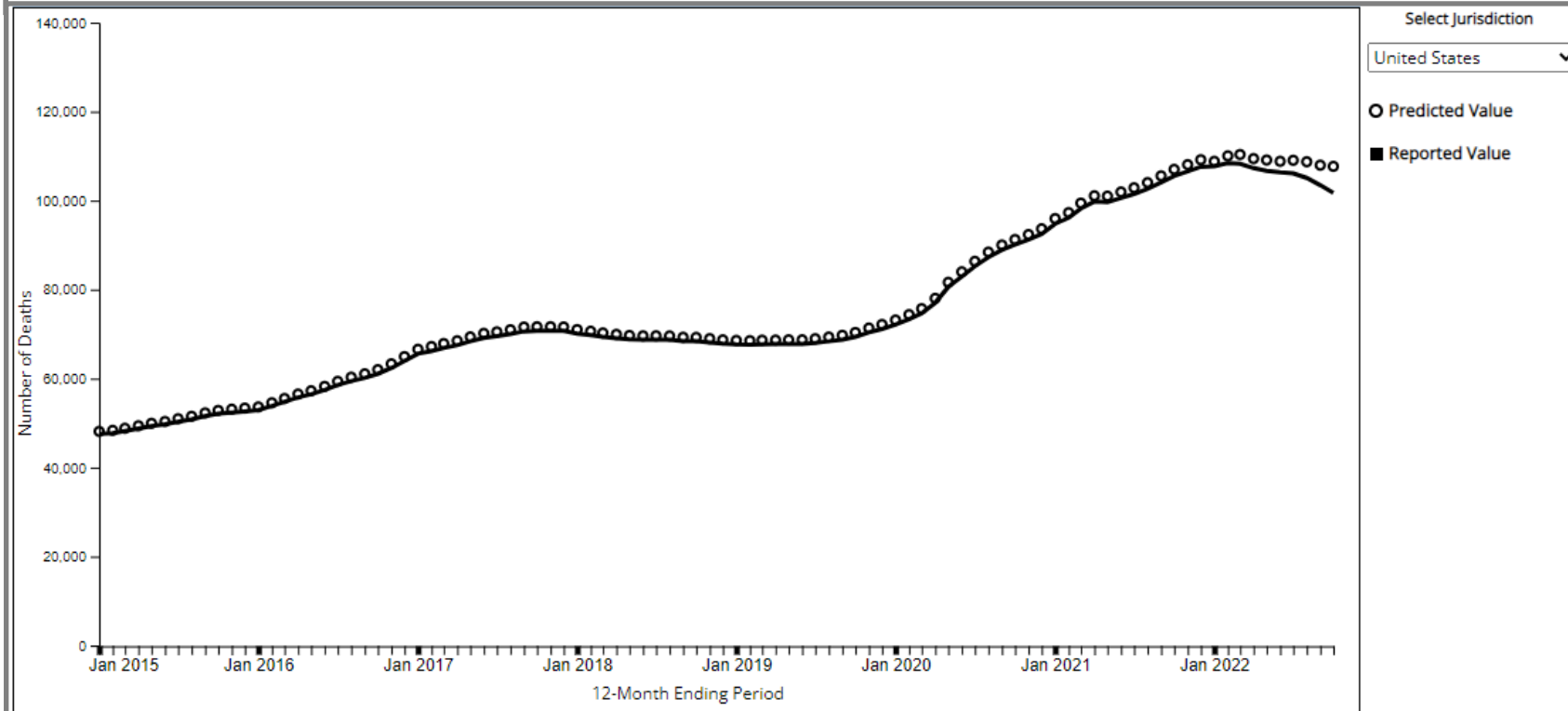


Figure 5 ([OD2A Newsletter](#)). shows the provisional count of drug overdose deaths occurring in the 12-month period each year in the United States from January 2015 to December 2022.

Source: Centers for Disease Control and Prevention, 2023. (See [OD2A March 2023 Newsletter](#) for notes)

Based on available for analysis on: March 5, 2023.

UNINTENTIONAL PRESCRIPTION DRUG RELATED DEATHS



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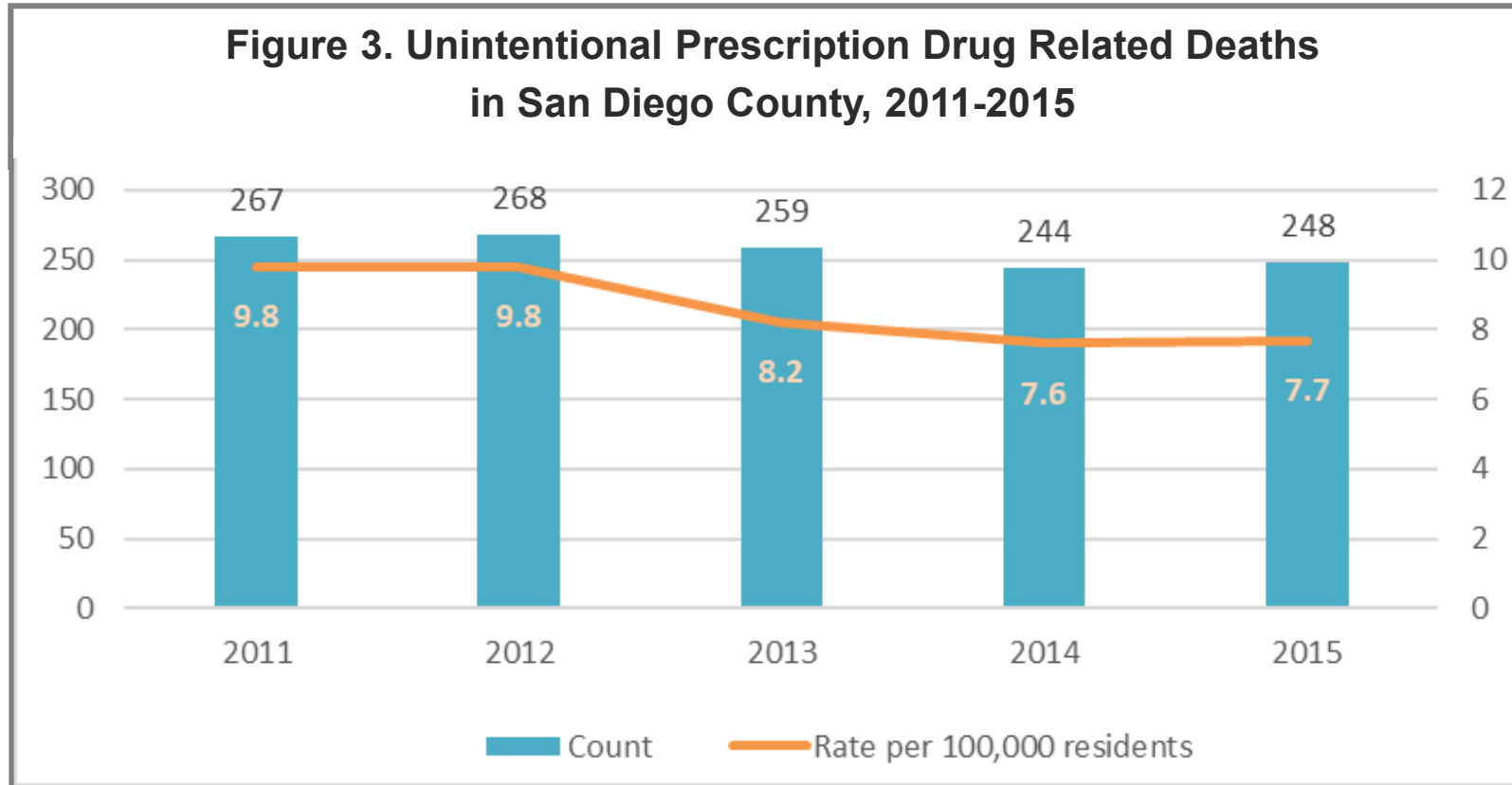


Figure 3 ([OD2A Newsletter](#)). shows the count and rate of unintentional deaths due to prescription drugs in San Diego County from 2011 to 2015.

Source: County of San Diego Medical Examiner's Office.

Population estimates source: San Diego Association of Governments (SANDAG), 2010 Census.

UNINTENTIONAL FENTANYL-CAUSED DEATHS



**Figure 4. Unintentional Fentanyl-Caused Deaths
in San Diego County, 2017-2021**

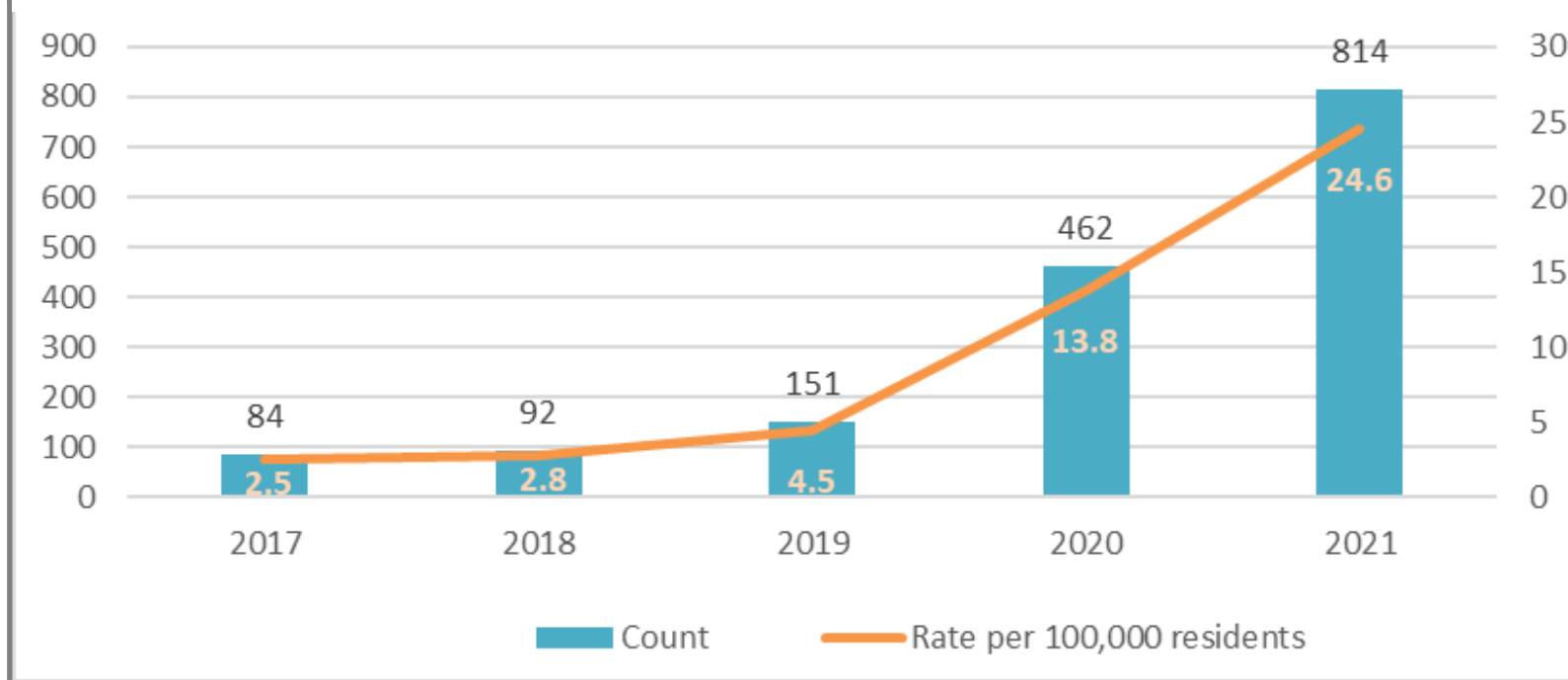


Figure 4 ([OD2A Newsletter](#)). shows the count and rate of unintentional fentanyl-caused deaths in San Diego County from 2017 to 2021.

Source: County of San Diego Department of the Medical Examiner.

Population estimates source: SANDAG, Current Estimates, 2021.

Note: These data represent only deaths examined by the County of San Diego Department of the Medical Examiner and those that had toxicology. There are over 22,000 deaths each year in San Diego County, the Department of the Medical Examiner investigates around 3,000 deaths a year.



Overview of OD2A



BACKGROUND: WHAT IS OD2A?



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- The County of San Diego is one of the 66 recipients of the Overdose Data to Action (OD2A) grant, awarded by the Centers for Disease Control and Prevention (CDC) in 2019.
- Grantees focus on opioid overdose **surveillance** and **prevention** strategies.



Figure 1. The image above illustrates the key strategies of the OD2A grant. Please view the next page for more information on the 5 key strategies.
Image Source: Centers for Disease Control and Prevention, 2019.



OD2A STRATEGIES & ACTIVITIES





OD2A STRATEGIES

- Consistent with OD2A specifications, the County has adopted five strategies:
 - **Strategy 3** – Innovative Surveillance
 - **Strategy 4** – Prescription Drug Monitoring Program (PDMP)
 - **Strategy 5** – Integration of State and Local Prevention & Response Efforts
 - **Strategy 6** – Establishing Linkages to Care
 - **Strategy 7** – Provider and Health Systems Support

STRATEGIES 3, 4, & 7



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WILMA J. WOOTEN, M.D., M.P.H.
Public Health Officer
Public Health Services
Health and Human Services Agency



INNOVATIVE SURVEILLANCE

- **Lead:** Public Health Services, Epidemiology Unit (Sr. Epi)
- **Goal:** Identify new and innovative ways to collect and report drug use or overdose data that is better tailored to San Diego's needs
- **Objective:**
 - Identify innovative morbidity/mortality surveillance strategies
 - Trend analysis and aberration detection using local syndromic surveillance data (*Ongoing*)
 - National Syndromic Surveillance Program (*Onboarding*)
- ***This strategy supports the development of the County Overdose Unit, which is planned to launch July 1, 2023.***



PROJECTS AND ACTIVITIES

- Surveillance Systems and Data Sources
 - Local Syndromic Surveillance System (emergency department chief complaint data from local hospitals)
 - National Syndromic Surveillance Program (will begin contributing)
 - SUDORS (State Unintentional Drug Overdose Reporting System) - Question whether to include
 - Vital Records Business Intelligence System (VRBIS) - California Department of Public Health (CDPH) mortality data
 - Health Care Access and Information (HCAI) - CDPH hospital and emergency department discharge data



PROJECTS AND ACTIVITIES

- Reports
 - Daily Report
 - BHS PICC (Priority Incident Case Capture) Report
 - Weekly Surveillance Report
 - Weekly Trend Report: Drug-Related Initial Encounters at San Diego County Emergency Departments
 - Quarterly Surveillance Report
 - Overdose Quarterly Report - *Coming soon*
 - Annual Report
 - 5-Year Retrospective Analysis
 - [Opioid-Related Overdoses and Encounters in San Diego County, 2015-2019](#)
 - [Opioid-Related Overdoses and Encounters in San Diego County, 2016-2020](#)

ED VISITS FOR DRUG OVERDOSES



OVERDOSE SURVEILLANCE QUARTERLY REPORT (STRATEGY 3)

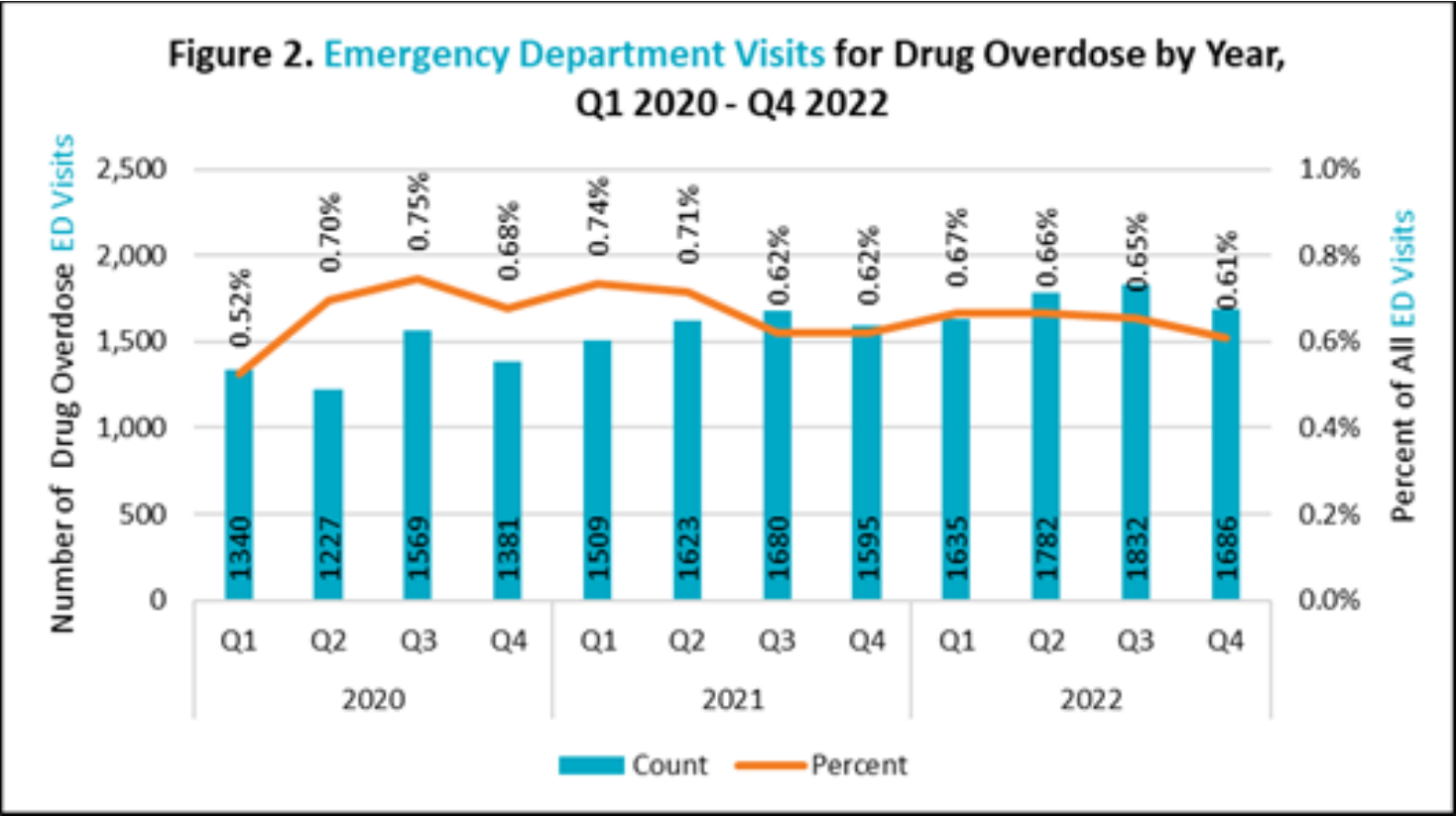


Figure 2 shows the number of emergency department (ED) visits for overall drug overdoses increasing from the beginning of 2020, through Quarter 4,* 2022, while averaging 0.7% of all ED visits.

*Calendar Year

¹Drugs are categorized based on key words in chief complaint data and ICD-10 diagnostic codes when available. They may not represent the final diagnosis. Categories are not mutually exclusive; a single ED visit may involve more than one drug category.

ED OVERDOSE VISITS BY SELECT DRUGS



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OVERDOSE SURVEILLANCE QUARTERLY REPORT (STRATEGY 3)

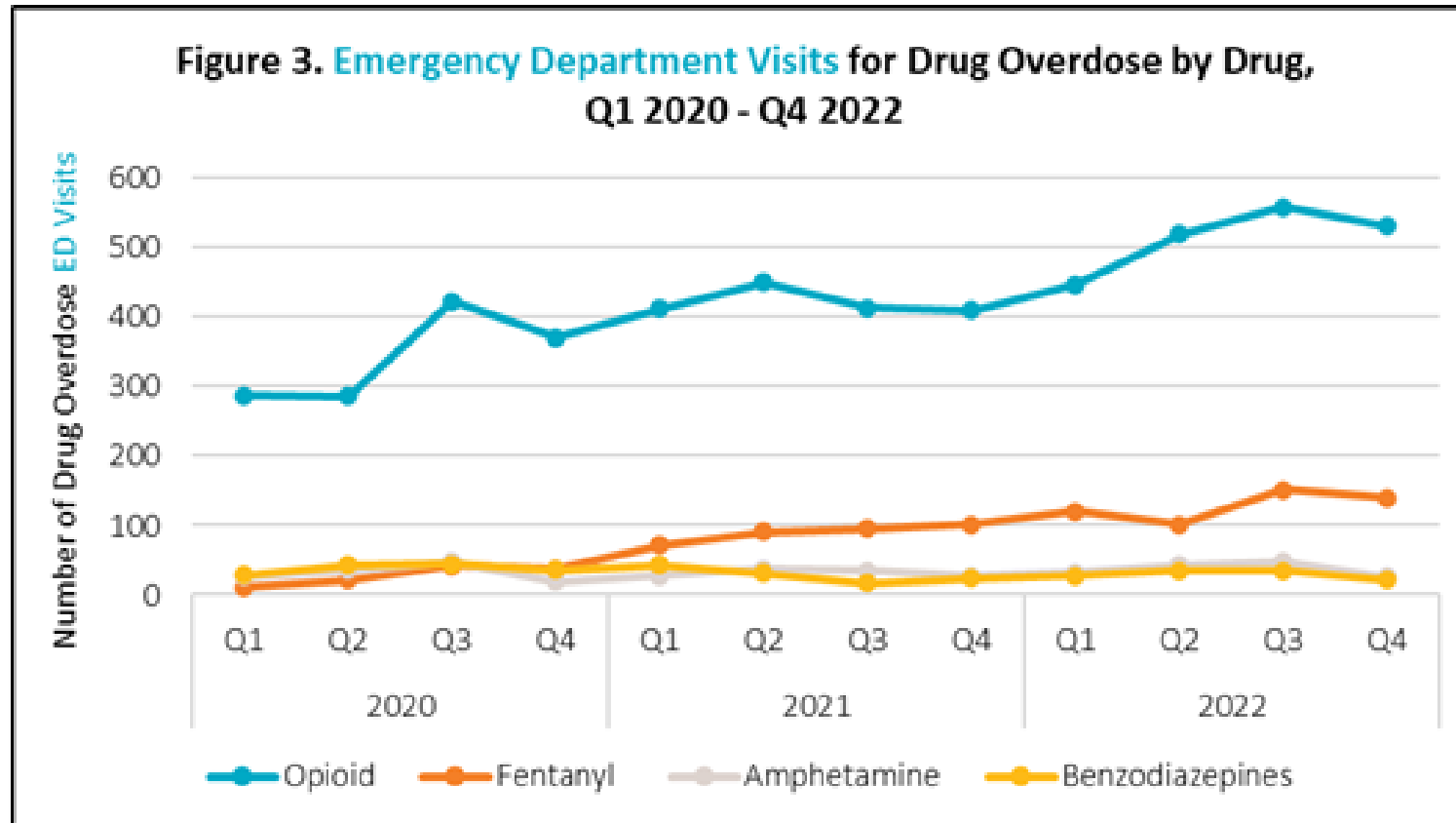


Figure 3 displays the number of ED overdose visits by select drugs. Opioid and fentanyl overdose ED visits were 1.9 and 12.7 times higher, respectively, in Quarter 4,* 2022 than in Quarter 1 2020.

*Calendar Year

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STRATEGY 3



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OVERDOSE SURVEILLANCE QUARTERLY REPORT (STRATEGY 3)

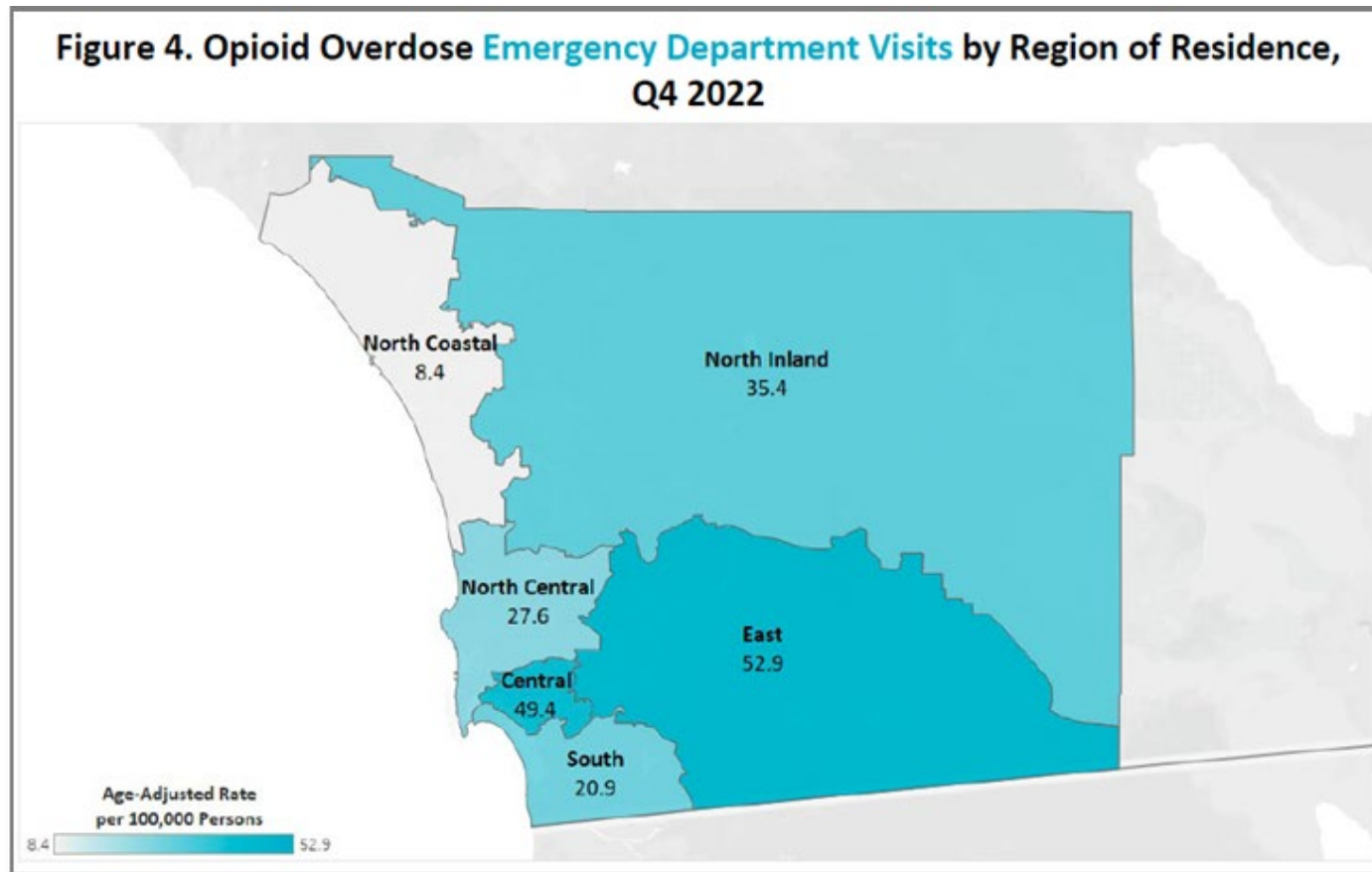


Figure 4 displays the number of opioid overdose ED visits by region of residence in Quarter 4,* 2022.

*Calendar Year

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PRESCRIPTION DRUG MONITORING PROGRAMS (PDMP)

- **Lead:** Public Health Services Administrative (PHO)
- **Goal:** Focus on better utilizing prescription drug monitoring program (PDMP) data to inform prescribing practices and prevention programs.
- **Objectives:**
 - By the end of the grant, 10% of providers will more actively utilize the California PDMP, CURES 2.0, more frequently than required by law. *(In Progress)*
 - Implement protocol for sending unsolicited notifications of patient overdose deaths to prescribers. *(Completed)*
 - Establish quarterly CURES trend updates for providers. *(Issued Quarterly)*
 - Provide educational guidance to 25% of prescribers and clinics identified as potentially over-prescribing as measured by the PDMP. *(In Progress)*

STRATEGY 4



PROJECTS AND ACTIVITIES

- Webpage (SanDiegoCounty.gov/OD2A)
 - Home to resources for prescribers (i.e., physicians, physician assistants, nurse practitioners, dental practitioners, pharmacists), healthcare systems (i.e., hospitals, FQHCs, insurers), and the community.
 - Can also view OD2A data and reports and where to access naloxone in San Diego County.



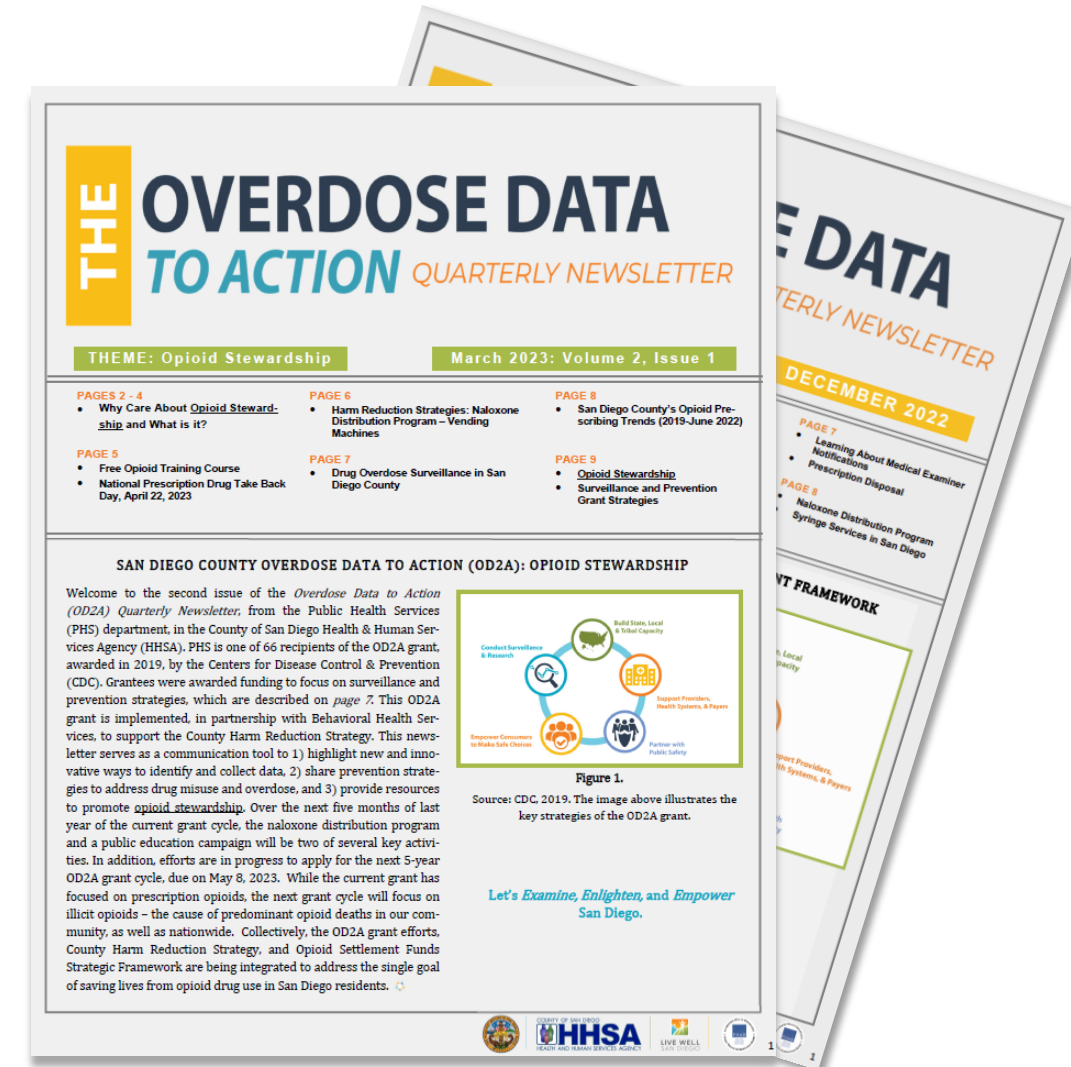
STRATEGY 4



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PROJECTS AND ACTIVITIES

- Quarterly Newsletter [\(link\)](#)
 - A communication tool between OD2A and prescribers (*monthly theme*).
 - Highlights new and innovative ways to identify and collect data.
 - Shares prevention strategies to address opioid misuse and overdose.





PROVIDERS AND HEALTH SYSTEMS SUPPORT

- **Lead:** Public Health Services Administration
- **Goal:** Support healthcare providers and health systems with drug overdose prevention and response, including expanding the use of evidence-based prescribing and treatment practices.
- **Objectives:**
 - Develop guidelines/trainings on safe opioid prescribing practices in order to increase knowledge of safe opioid prescribing practices among healthcare system prescribers by 10%. *(In Progress)*
 - Develop recommendations for clinical decision support (CDS) tools for safe opioid prescribing. *(In Progress)*

STRATEGY 7



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PROJECTS AND ACTIVITIES

- Working on a landscape analysis of Opioid Stewardship Programs in healthcare systems.
- Healthcare systems settings = Hospitals, Federally Qualified Health Centers, Pharmacy Benefit Managers, and Insurers
- Developing an Opioid Stewardship Toolkit based on the landscape analysis. It will include sections for hospitals, FQHCs, pharmacy benefit managers, and pharmacies.



Opioid Stewardship Toolkit



*Opioid Stewardship
Newsletter Article*

STRATEGIES 5 & 6



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Stephanie Lao, M.S.W.
Harm Reduction Program Coordinator
Behavioral Health Services
Health and Human Services Agency



INTEGRATION OF STATE AND LOCAL PREVENTION AND RESPONSE EFFORTS

- **Lead:** Behavioral Health Services
- **Goal:** Focus on improving state and local prevention efforts to build more effective and sustainable surveillance and implement community-level interventions in high-burden areas.
- **Objectives:**
 - Update and expand adopted County Strategic Plan to Address Opioid and Prescription Drug Misuse. *(Completed)*
 - Develop a naloxone distribution infrastructure plan. *(Implementation in Progress)*
 - Develop surveillance policies, procedures, and products to engage stakeholders about data and evidence driven priorities for response to support and expand the existing process. *(In Progress)*

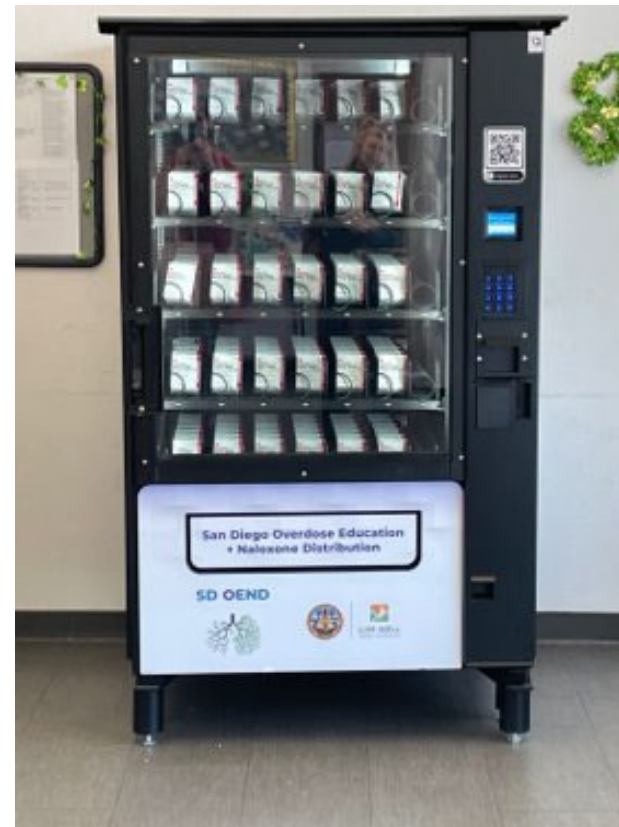
STRATEGY 5



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PROJECTS AND ACTIVITIES: NALOXONE VENDING MACHINES

- As of 4/18/2023, 322 naloxone kits have been distributed.
- The first vending machine went live on March 2, 2023 at the **McAllister Institute**.
- The second and third vending machines went live the week of 4/3/2023. They are located at **T.H.E. C.I.R.C.L.E. by Epiphany** and **El Dorado**.
- The fourth machine went live on 4/18/23 at **Pala Reservation**.
- Anyone interested in accessing naloxone can access it at-no-cost by completing a registration and brief training.
- An additional 12 machines (4 in jails) will be placed throughout the County by August 31, 2023.



STRATEGY 5



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PROJECTS AND ACTIVITIES: EDUCATIONAL MATERIALS

What Parents Need to Know about Fentanyl

Fentanyl is the leading cause of death for people ages 18-45.

Fentanyl comes in a pill or powder. The pills are made to look like legitimate medication such as oxycontin or Percocet. You can't tell if a pill or powder contains fentanyl - you can't see it, smell it or taste it.

As little as 2mg of fentanyl can kill.

It's being sold on social media. It may be sold by someone your teen knows. And the seller may not realize that they're selling counterfeit pills with fentanyl.

If someone is overdosing, naloxone may save their life. Visit www.sdpdattf.org to learn more about naloxone.

Tips for talking to your kids about drugs: www.samhsa.gov/talk-they-hear-you/parent-resources

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What is Substance Use Disorder?

Substance use disorder (SUD), also called drug addiction, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a drug or medication.

SUDs affect people from all walks of life and all age groups.

A SUD is a chronic medical condition, like heart disease or diabetes.

Treatment is available and recovery is possible.

Work with a provider or doctor to treat any substance use disorder. Effective, evidence-based treatment is available to manage withdrawal symptoms and treat SUDs. Talk to your healthcare provider to discuss available treatment options or call the Access and Crisis line at (888) 724-7240.

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What is Fentanyl?

Fentanyl is a prescription drug with important medical uses for severe pain when prescribed by healthcare providers, but it can also be made and sold in the street drug market.

Illicit fentanyl is made in makeshift labs and sold in various forms such as powders, nasal sprays, or made into pills that look like prescription drugs.

Fentanyl may be mixed with other drugs, like heroin, cocaine, methamphetamine, and ecstasy. When mixed with other drugs, you can't see it, smell it, or taste it. This is dangerous and can lead to an accidental overdose.

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Things to Look Out For

- Changes in friend group or isolation.
- Difficulty communicating, including possible slurred speech.
- Irritability or uncharacteristic disobedience.
- Neglecting personal appearance and hygiene.
- Low energy levels.
- Paraphernalia: cut down straws, aluminum foil, lighters, needles, spoons, glass pipes.

A troubling reality is that some people never show outward signs that they are using or struggling.

Keep communication lines open and be willing to have difficult conversations.

Be available and nonjudgmental, encouraging your child to come to you with questions and concerns.

Where To Get Help

San Diego County Access & Crisis Line
Call 1-888-724-7240.
Free • Confidential • 24/7

2-1-1 San Diego
Call 2-1-1 for substance use and mental health treatment referrals.

It's Up to Us
Visit Up2SD.org for mental health and substance use disorder information and resources.

PDATF San Diego County
Visit www.sdpdattf.org for Community and Parent Fentanyl Education and Awareness Toolkits.

Words Matter

You can reduce stigma, and help save lives, just by changing your language. By using what's called person-centered language, you're not defining a person based on any medical disorder they may have. It's nonjudgmental, it's neutral, and the diagnosis is purely clinical.

AVOID THESE WORDS	USE THESE WORDS
Addict	Person with a substance use disorder
Drug Problem/Drug Habit	Substance use disorder
Drug Abuse	Drug misuse, harmful use
Clean	Abstinent, not actively using
Dirty	Actively using
Former addict	Person in recovery

Overdose & Naloxone

When people experience an opioid overdose, including fentanyl, they first become sleepy.

Then their breathing can slow, with choking sounds or a snore-like gurgling noise - or stop - which can lead to coma, permanent brain damage, or death.

The person's body may become limp, their face pale or clammy, and their pulse weak or slow.

Call 911 right away if you suspect someone has overdosed so they can receive immediate medical attention.

If you have Naloxone, use it.
Naloxone is a medicine that can temporarily reverse an opioid overdose, including fentanyl, when given right away. Because fentanyl is stronger than other opioid drugs, it might require multiple doses of naloxone.

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ESTABLISHING LINKAGES TO CARE

- **Lead:** Behavioral Health Services
- **Goal:** Ensure people are connected to the care they need by leveraging systems and upstream prevention efforts.
- **Objectives:**
 - Assist in development of policies and procedures to identify and track patients with nonfatal overdoses in two emergency departments. *(In Progress)*
 - Develop a system to track care connection to Medication Assisted Treatment (MAT) for individuals experiencing nonfatal overdoses and increase care connections by 15%. *(In Progress)*
 - Increase utilization of the Organized Support Companion in an Emergency Situation (OscER) app by 10% as measured by app analytics. *(In Progress)*



PROJECTS AND ACTIVITIES: ACCESS TO CARE & TREATMENT

- Designing a peer coaching model to provide engagement and follow up services to individuals that present at the emergency department after a non-fatal overdose.
- Will facilitate and support county-wide learning collaborative among CA Bridge navigators.
- Creating a Harm Reduction Resource Guide for providers.



OD2A EVALUATION



EVALUATION LEAD



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Deirdre Browner, M.P.H.
Senior Epidemiologist
Public Health Services
Health and Human Services Agency

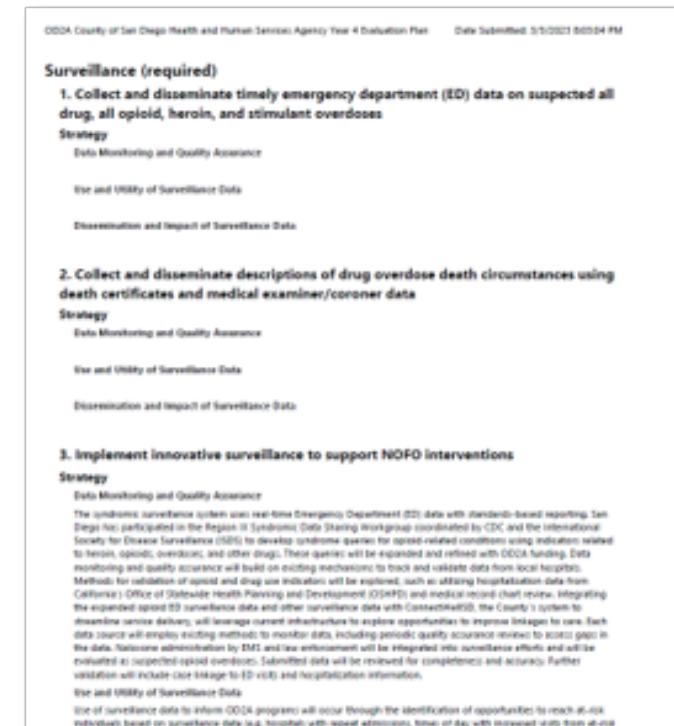
EVALUATION



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OD2A EVALUATION GOALS

- Focused on the evaluation of the flow of data between different sources to inform prevention activities conducted within the grant.
- Some ways are through:
 - Mapping data from the PDMP to monitor trends in prescribing behavior.
 - Collecting and analyzing data to understand barriers and facilitators.
 - Sharing OD2A evaluation results for feedback and development of activities.



Evaluation Plan



PROJECTS AND ACTIVITIES: SAN DIEGO COUNTY OPIOID PRESCRIBING TRENDS

- The California Prescription Drug Monitoring Program, also known as the Controlled Substance Utilization Review and Evaluation System (CURES 2.0), is a database of Schedule II-V controlled substance prescriptions dispensed in California.
- Analyzed de-identified CURES data from 2019 to June 2022 to assess prescribing behavior in San Diego County.

GENERAL TRENDS IN CURES 2.0 **LIVE WELL** SAN DIEGO

ALL PRESCRIBERS

	2019	2020	2021	2022 (Jan-Jun)
Number of prescriptions written	1,102,514	1,009,208 (-8%)	988,149 (-2%)	476,515 (-52%)
Average Daily Dose (all prescriptions)	47.4	46.4 (-2%)	45.4 (-2%)	45.3 (-.2%)
Average days supply per patient	8.5	8.4 (-1%)	8.0 (-5%)	9.6 (+20%)
Average days supply per prescriber	10.2	10.4	10.4	10.8
Number of prescriptions written for over 50 MME/day	297,874	257,101 (-14%)	226,457 (-12%)	102,760 (-55%)
Number of prescribers who on average prescribed over 50 MME/day	1,351	1,216 (-10%)	1,132 (-7%)	922 (-19%)



PROJECTS AND ACTIVITIES: SOCIAL NETWORK ANALYSIS

- Designed to assess and track how the connections and partnerships have grown/expanded under OD2A funding.
- Results will inform the OD2A team of how information was communicated from the core OD2A team to collaborating partners (contractors, members of the Healthcare Task Force, and other partners) for the work of overdose prevention and treatment.
- The results will be used to demonstrate the impact of OD2A in expanding a network and increasing collaboration over the life of the grant.

DEA NATIONAL RX TAKEBACK DAY



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SATURDAY, APRIL 22, 10:00AM TO 2:00PM

Northern

- ❖ Tri-City Medical Center
4002 Vista Way, Oceanside
- ❖ Escondido Police Station
1163 N. Centre City Pkwy., Escondido
- ❖ Poway Sheriff's Station
13100 Bowron Rd., Poway
- ❖ San Marcos Sheriff's Station
182 Santar Place, San Marcos
- ❖ North County Regional Center
Courthouse 325 S. Melrose Dr., Vista
- ❖ Carlsbad Police Department
5750 Orion St., Carlsbad

Central

- ❖ SDPD Eastern Division
9225 Aero Dr., San Diego
- ❖ SDPD Northwestern Division
12592 El Camino Real, San Diego
- ❖ SDPD Western Division
5215 Gaines St., San Diego
- ❖ San Diego State University
6095 Canyon Crest (on the corner of College Avenue), San Diego
- ❖ Mesa College Police Station
7250 Mesa College Dr. Bldg. Q-100

DEA NATIONAL RX TAKEBACK Saturday, April 22, 2023
10 am—2 pm
[DEATakeBack.com](https://www.DEATakeBack.com)

SAN DIEGO COUNTY LOCATIONS:

SOUTHERN	NORTHERN	MILITARY
❖ Otay Ranch Town Center 2015 Birch Rd., Chula Vista	❖ Tri-City Medical Center 4002 Vista Way, Oceanside	(Military, Retirees, Beneficiaries, & Staff Only)
❖ Coronado Police Station 700 Orange Ave., Coronado	❖ Escondido Police Station 1163 N. Centre City Pkwy., Escondido	❖ Naval Medical Center San Diego (Balboa) Baxter Circle Between Bldg. 2 & 3
❖ Imperial Beach Sheriff's Station 845 Imperial Beach Blvd., Imperial Beach	❖ Poway Sheriff's Station 13100 Bowron Rd., Poway	❖ Navy Exchange 32 nd St., in the NEX Lot @ Callaghan Hwy gate
	❖ San Marcos Sheriff's Station 182 Santar Place, San Marcos	❖ MCAS Miramar Exchange 2660 Elrod Ave., San Diego
CENTRAL	❖ North County Regional Center Courthouse 325 S. Melrose Dr., Vista	❖ Naval Air Station North Island Building No. 2017, San Diego
❖ SDPD Eastern Division 9225 Aero Dr., San Diego	❖ Carlsbad Police Department 5750 Orion St., Carlsbad	
❖ SDPD Northwestern Division 12592 El Camino Real, San Diego		
❖ SDPD Western Division 5215 Gaines St., San Diego	EASTERN	
❖ San Diego State University 6095 Canyon Crest (on the corner of College Avenue), San Diego	❖ El Cajon Police Department 100 Civic Center Way, El Cajon	
❖ Mesa College Police Station 7250 Mesa College Dr. Bldg. Q-100	❖ La Mesa Police Department 8085 University Ave., La Mesa	
	❖ Alpine Sheriff's Station 2751 Alpine Blvd., Alpine	

Veterinary Medications Accepted

Vaping devices accepted only if batteries have been removed.

Sharps Not Accepted

• ANONYMOUS
• CONTACTLESS
• DROP OFF
• DRIVE-THROUGH

To find the collection site nearest you, visit
<https://www.DEATakeBack.com>

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DEA NATIONAL RX TAKEBACK DAY



LIVE WELL
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SATURDAY, APRIL 22, 10:00AM TO 2:00PM

Eastern

- ❖ El Cajon Police Department
100 Civic Center Way, El Cajon
- ❖ La Mesa Police Department
8085 University Ave., La Mesa
- ❖ Alpine Sheriff's Station
2751 Alpine Blvd., Alpine

Southern

- ❖ Otay Ranch Town Center
2015 Birch Rd., Chula Vista
- ❖ Coronado Police Station
700 Orange Ave., Coronado
- ❖ Imperial Beach Sheriff's Station
845 Imperial Beach Blvd., Imperial Beach

Military

(Military, Retirees, Beneficiaries,
& Staff Only)

- ❖ Naval Medical Center San Diego (Balboa)
Baxter Circle, between Bldg. 2&3
- ❖ Navy Exchange 32nd St.,
in the NEX Lot @ Callagan Hwy gate
- ❖ MCAS Miramar Exchange
2660 Elrod Ave., San Diego
- ❖ Naval Air Station North Island
Building No. 2017, San Diego



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CENTRAL

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EASTERN

- ❖ El Cajon Police Department
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QUESTIONS?



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SAN DIEGO



OD2A Email:

PHS.OD2A@sdcounty.ca.gov

