

# Prevention/ Harm Reduction in the Context of Fentanyl Fear

## AGENDA

9:30 – 9:45	<b>Welcome &amp; Introductions</b>
9:45 – 10:00	<b>Impromptu Networking</b>
10:00 – 10:15 (15 min)	<b>Setting the Stage for Messaging Prevention and Harm Reduction</b> Brittany Cooper (WSU) and Kevin Haggerty (UW)
10:15 – 10:35 (20 minutes)	<b>HCA Fentanyl Campaign</b> Stacie Jones, Paj Nandi & Corie Bales (Desautel Hege)
10:35 – 11:15 (40 minutes)	<b>Discussion</b> Scientists invited to provide discussion and feedback: Bia Carlini (ADA), Stacey Hust & Jessica Willoughby (WSU College of Communication), Emily Mossberg (Opioid Response Network), and Aaron Davis (HaRRT Center, UW/WSU)
11:15 – 11:45 (30 minutes)	<b>Research briefs for 2023-24</b> Sarah Mariani & team (DBHR)
11:45 – 12:15 (30 minutes)	<b>Lunch Break</b>
12:15 – 12:25 (10 min)	<b>Chatterfall: Updates from the Prevention World</b>
12:25–12:40 (15 min)	<b>Legislative Update – what was decided this session?</b> Harrison Fontaine (DBHR) and/or Megan Moore (Prevention Voices)
12:40 – 1:00 (20 min)	<b>2023 Meetings and PRSC Membership Questions Planning for in-person meeting in September!</b> <ul style="list-style-type: none"> <li>• Wednesday, September 6<sup>th</sup></li> <li>• Wednesday, December 6<sup>th</sup></li> </ul>

## **Prevention Research Subcommittee (PRSC) Mission Statement**

Updated as of 9/23/20

To provide a forum for prevention researchers, policymakers, and practitioners to identify and address emerging and evolving substance use disorder prevention and mental health promotion service & research needs in Washington State by:

1. Supporting DBHR's evaluation of prevention services;
2. Assisting DBHR in (a) defining the criteria for determining that a service is evidence-based; and (b) establishing a protocol for review and acceptance to a list of evidence-based services;
3. Advocating for state funding of evidence-based and other effective prevention services;
4. Establishing collaborations to initiate new research and share existing research on substance use disorder prevention and mental health promotion in order to improve DBHR's prevention services.
5. Promoting implementation science through the collaborative knowledge exchange of prevention researchers, DBHR, and other prevention-related state agencies and community organizations.

\*Still need to determine how to incorporate social justice, social determinants of health, health disparities, and/or address health equity

# Prevention/Harm Reduction in the Context of Fentanyl Fear



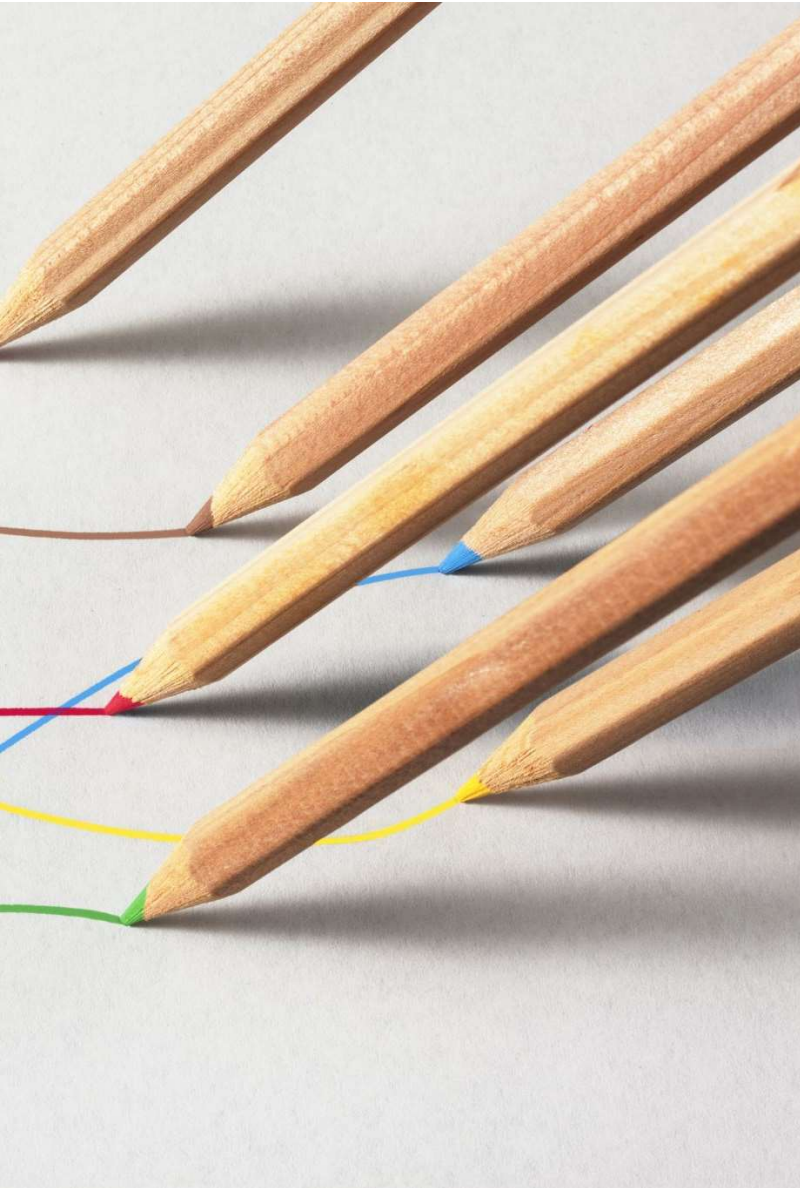
# *Spiral Journal*

The Spiral Journal offers us a break from attending to our screens and provides a chance to reflect and prepare for today's discussion about harm reduction & prevention.

Modified from Liberating Structures:

<https://docs.google.com/document/d/1DdCLcDCPW4jAGe6wZDI0bpWoeQXoRhhk0FEdiq6P8f4/edit>

<https://www.liberatingstructures.com/>



## Instructions for Spiral Journal

- First, fold a piece of paper into quarters and draw the slowest, tightest spiral that you can (1-2 mins).
- Then, respond to the question in the first quadrant. Try to continue writing for the entire time (1-2 mins).
- Repeat with every subsequent quadrant (1-2 mins each).

*Note: This journal is meant to invite you to reflect alone before going into a group discussion. You won't be asked to share your writing with anyone unless, but if you would like to share what you wrote down, you can.*

Starting from the top left and moving clockwise around your spiral, reflect on these questions.

What comes to your mind when you hear harm reduction?

How are harm reduction and prevention different?



How are harm reduction and prevention similar?

How can you see harm reduction and prevention sharing similar messages?

# EXAMPLES OF HARM REDUCTION IN OTHER AREAS



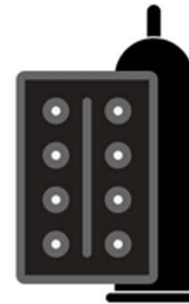
SUN  
SCREEN



SEAT  
BELTS



SPEED  
LIMITS



BIRTH  
CONTROL



CIGARETTE  
FILTERS

<https://www.recoveryanswers.org/resource/drug-and-alcohol-harm-reduction/>



# The Intersection of Prevention & Harm Reduction Efforts

## PREVENTION

### PRIMARY

Preventing the initial use of or the delay of initial substance use

### SECONDARY

Early detection of or reduction of substance use once problems have already begun

### TERTIARY

Reducing substance use problems or harms to prevent further deterioration or death.

## HARM REDUCTION

<https://www.recoveryanswers.org/resource/drug-and-alcohol-harm-reduction/>



# Prevention/Harm Reduction



## Prevention

- Assumes non-use
- Seeks to delay initiation
- Seeks to prevent misuse
- Uses evidence based personal and environmental strategies

**Common goal:** To reduce risk and increase protection in order to to promote health and well being, and save lives



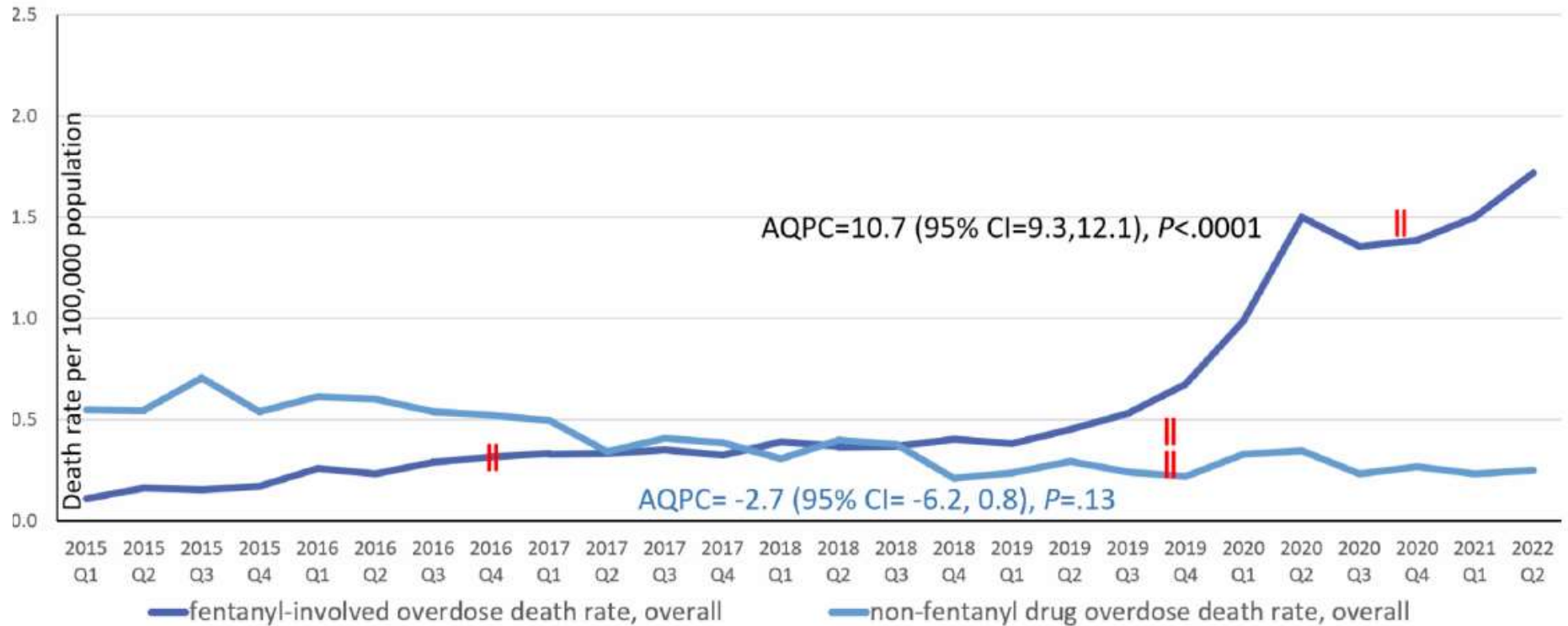
## Harm Reduction

- Assumes use
- Seeks to minimize harms associated with use e
- Uses evidence based personal and environmental strategies

# Fear of Fentanyl

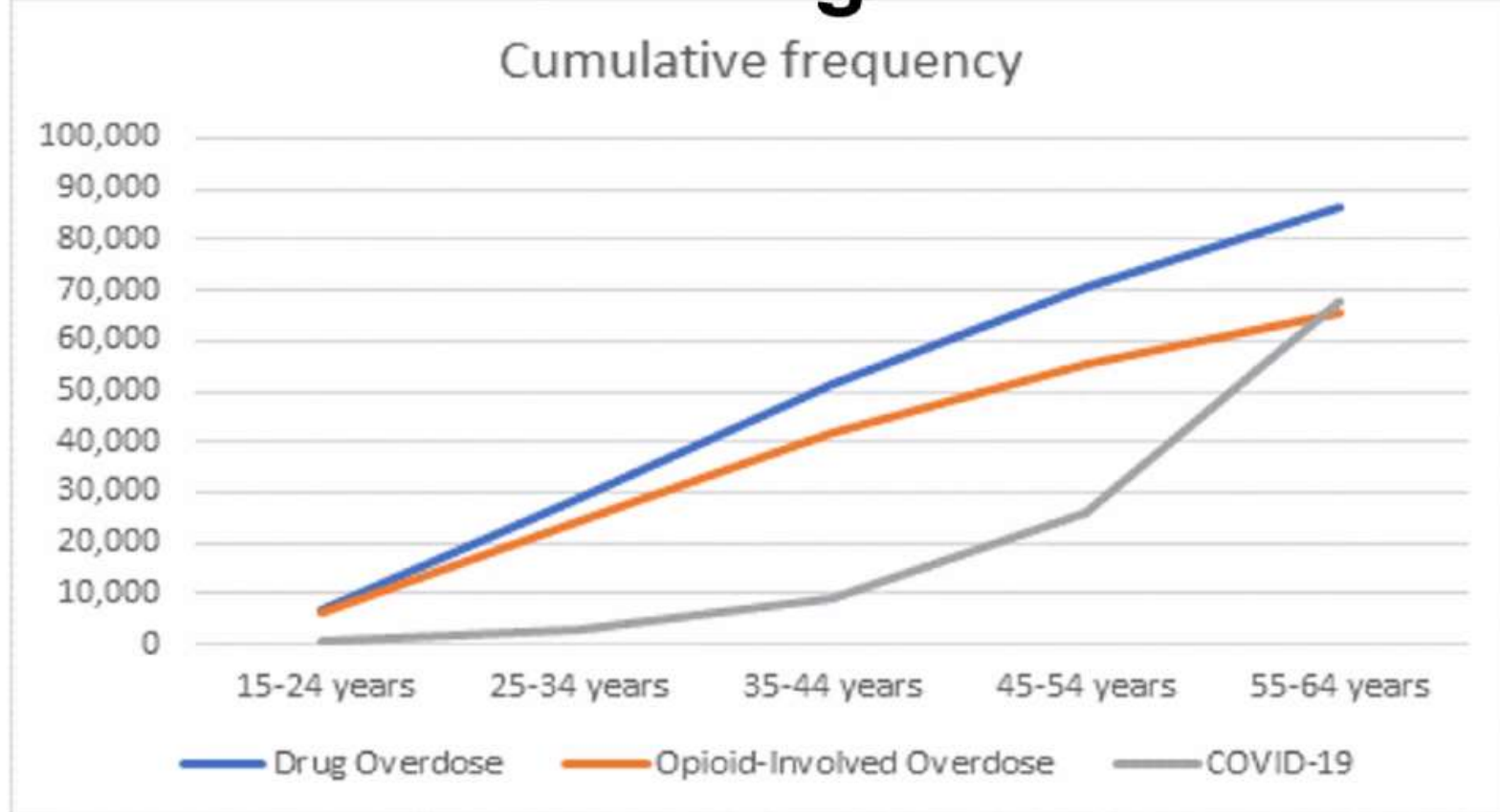


## Fentanyl-involved and Non-fentanyl Overdose Death Rates In US Youth Aged 15-19 Prior To and During The COVID Pandemic



National Vital Statistics System multiple-cause-of-death 2015-2020 final and 2021 provisional data U.S. census monthly data. ||: Joinpoints indicate significant changes in nonlinear trends using Bayesian Information Criterion. AQPC=average quarter percentage change during 2015 Q1-2022 Q2. ICD-10 cause of death code: synthetic opioids other than methadone (T40.4, primarily fentanyl and analogs).

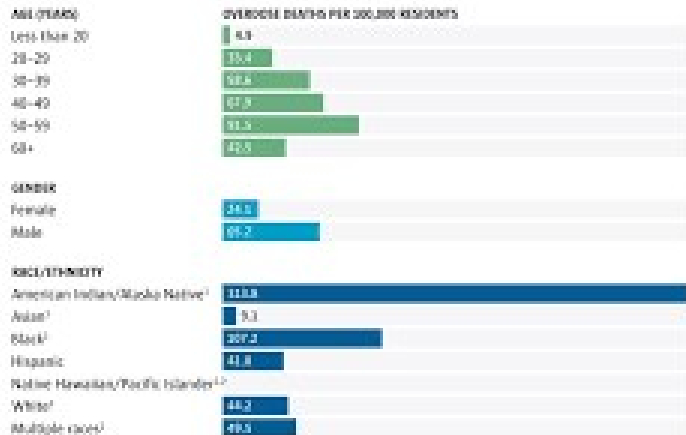
# Overdose Deaths Outpace COVID-19 Deaths in U.S. among those < 65 Years



# CAUTION!!

## Distribution of overdose deaths in King County in 2022

Vulnerable populations were disproportionately affected by the drug epidemic, especially American Indian/Alaska Native and Black communities. Overdoses were also more common among males and older adults.



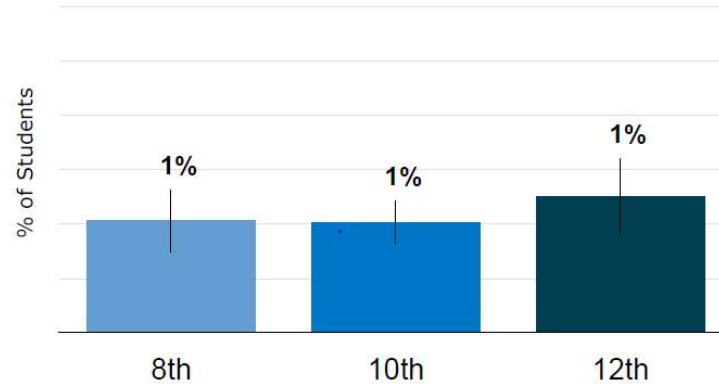
<sup>1</sup> Non-Hispanic  
<sup>2</sup> Data for Asian, Hawaiian/Pacific Islander, and other races is suppressed by the state to protect confidentiality. On average, the rate of overdose deaths within this community was 24 per 100,000 per year from 2013-2021.  
 Source: King County Medical Examiner's Office | PUBLIC HEALTH | THE SEATTLE TIMES

Overdose vents per 100,000 residents

Settle Times, April 16

## Student Misuse of Painkillers (in last 30 days)

Students who report using painkillers\* to get high at least once in the past month



\*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

### 27. Used heroin? Choose all that apply.

(n=4,250)

a. No, I've never used it	99.6%	(±0.2)
b. Yes, within the past year	0.3%	(±0.2)
c. Yes, over a year ago	0.2%	(±0.2)

### 28. Used methamphetamines (speed, meth, crystal meth, ice, crank)? Do not include other types of amphetamines. Choose all that apply.

(n=4,246)

a. No, I've never used it	99.2%	(±0.3)
b. Yes, within the past year	0.5%	(±0.2)
c. Yes, over a year ago	0.4%	(±0.2)

Washington State Healthy Youth Survey, 2021