



Addressing Opioid Misuse and Suicide through MSU Extension

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Institute for Public Policy and Social Research

Lending Light to Michigan's Double Crisis – Opioid Use and Suicide



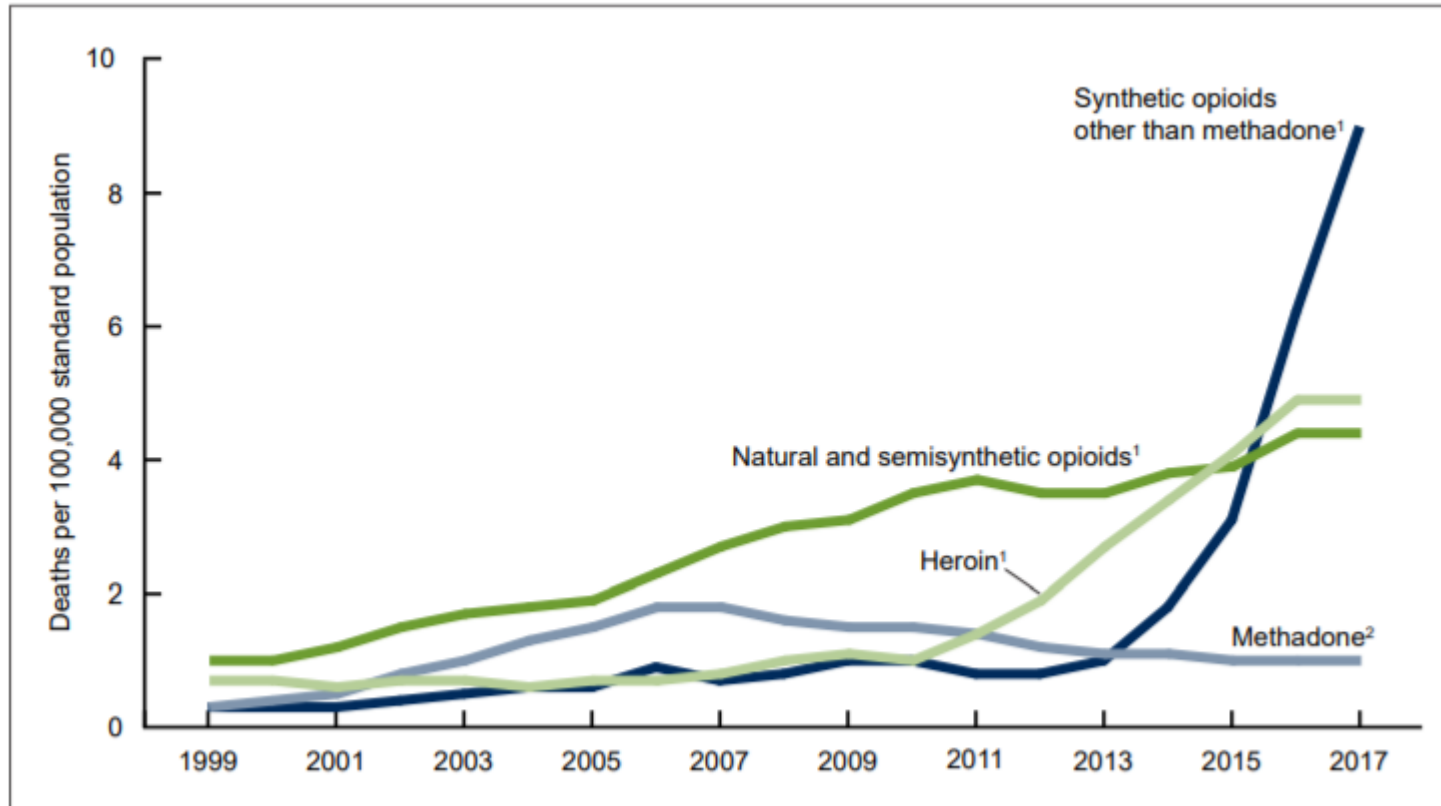
What is Michigan State University (MSU) Extension?

- “MSU Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities, and businesses.”
- Presence in all 83 Michigan counties.
- Offer programming and information in areas of agriculture, agribusiness, child and youth development, health and nutrition, community food systems, natural resources, government and public policy, and community prosperity.

<https://www.canr.msu.edu/outreach/>



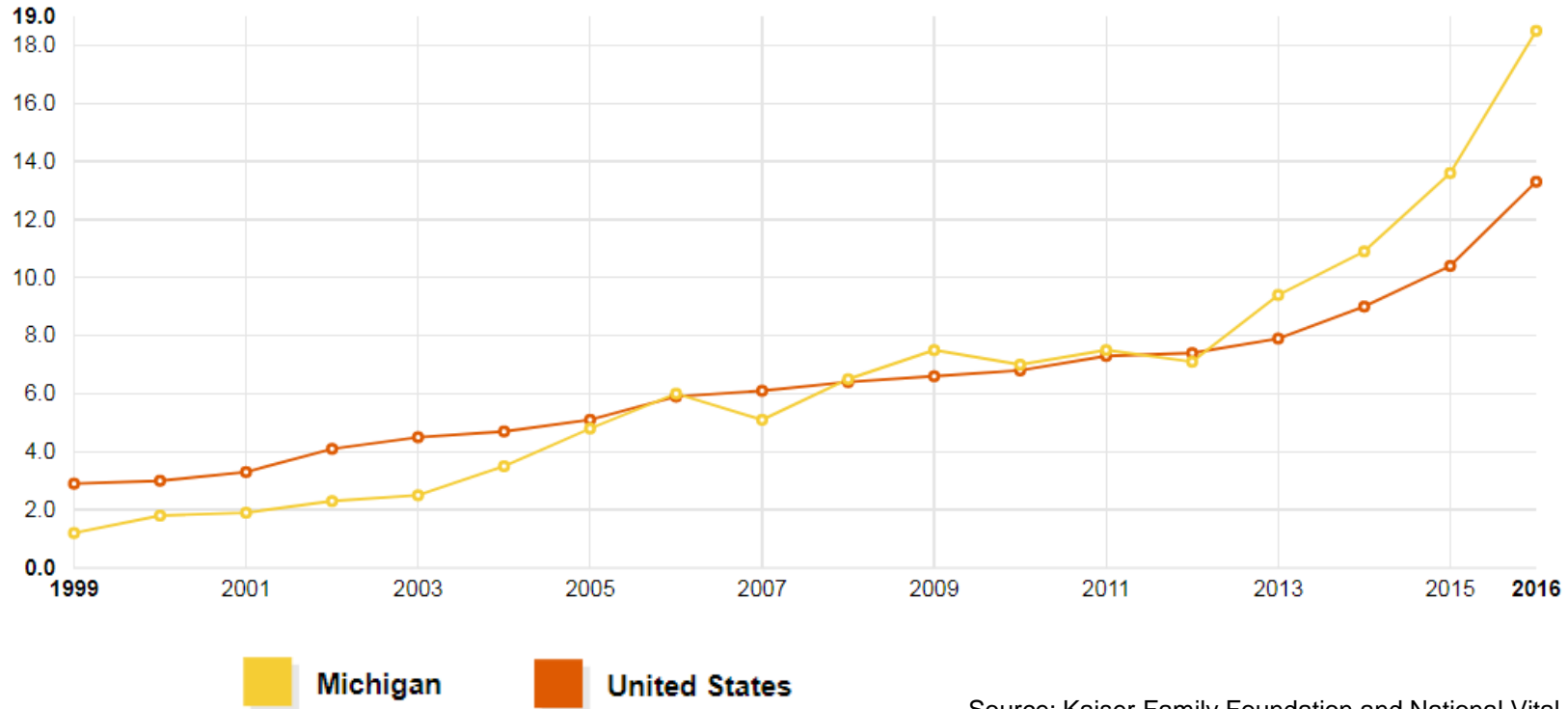
What do we know about opioid misuse and overdose?



Source: Hedegaard et al 2018



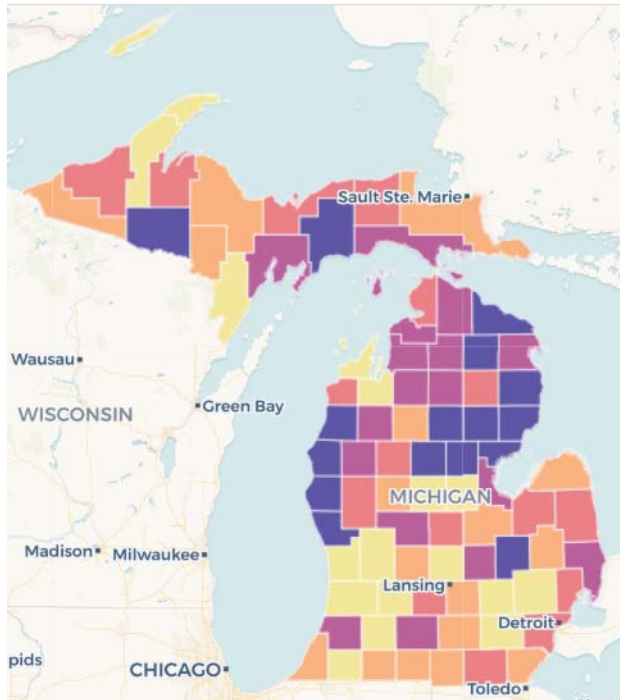
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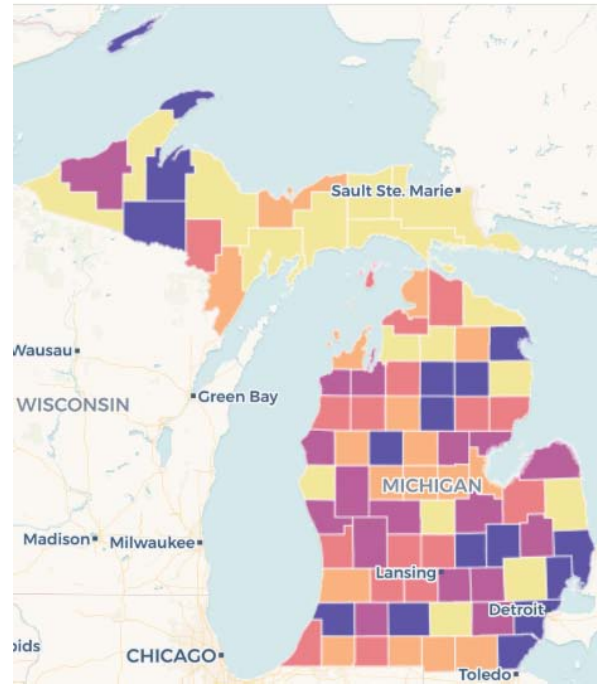


Opioid Prescriptions compared to Opioid Related Deaths

2017: # Opioid prescriptions per 10 residents



Opioid deaths per 10,000 residents (2017)



Source: MLive, maps by Scott Levin



What is MSU Extension doing related to opioid misuse?

- Presentations at community events
 - What opioids are; how they work in the brain; signs and symptoms of misuse and overdose; US and Michigan trends; what we can do personally and in our communities.





What is MSU Extension doing related to opioid misuse?

- Educational series
 - Opioid misuse prevention curriculum for ages 14 and older
 - Wellness Initiative for Senior Education (WISE)
 - Chronic Pain Self Management Class (PATH)



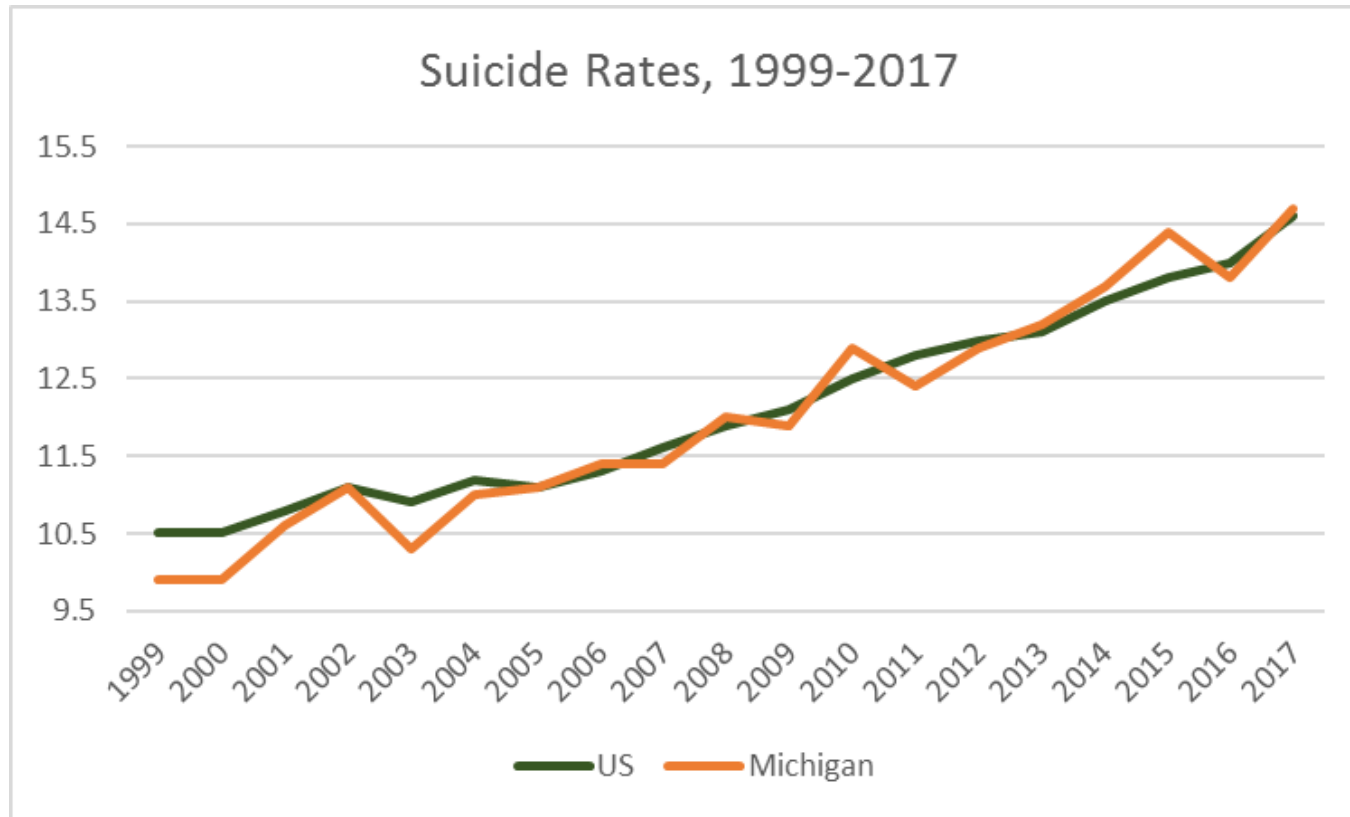


What have we heard from communities about opioids?

- Need for:
 - education among youth, healthcare providers, employers.
 - increased availability of and access to professional treatment.
 - increased public transportation to go to healthcare offices.
 - ongoing support for those in recovery.
 - employment opportunities for those in recovery.
 - lessen stigma, increase community dialogues on these topics.
- Desired increase in low-cost/free availability and training in use of naloxone.
- Concerns about legal issues in wanting to help others.
- Concern that those who are prescribed opioids and use them as medically indicated have difficulty accessing them.



What do we know about suicide?





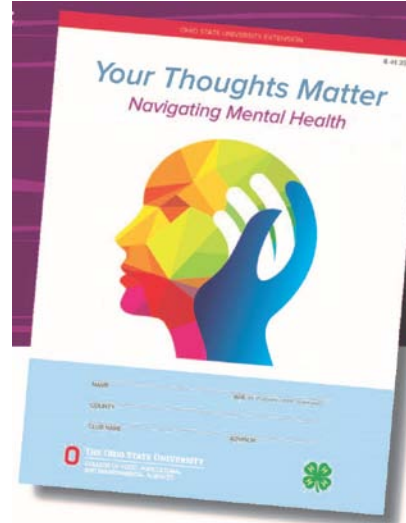
What other information is important?

- Nearly 1 in 4 Michigan adults have been diagnosed with depression (CDC 2017a).
- Michigan high school students (CDC 2017b):
 - More than 1 in 3 felt sad or hopeless almost everyday for 2 weeks or more in a row
 - More than 1 in 5 seriously considered attempting suicide
 - 1 in 6 took a prescription pain medicine without a prescription
- Opioid misuse and suicide are not necessarily separate issues.



What is MSU Extension doing related to suicide?

- Youth photovoice project
 - Pilot program in five Michigan counties in spring 2019.
 - Youth learn photography skills and explore what mental health topics mean to them and their peers.





What is MSU Extension doing related to behavioral health?

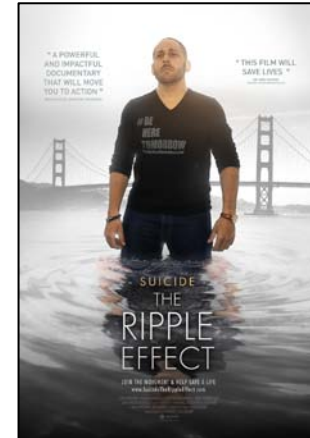
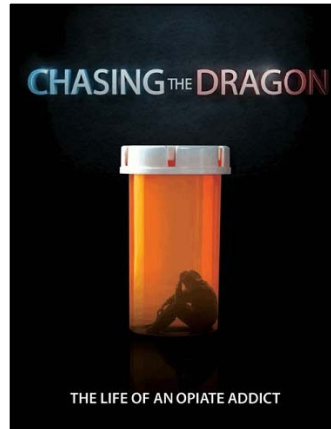
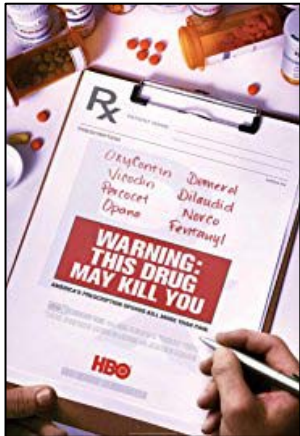
- Mental Health First Aid
 - 8-hour evidence-based program to increase knowledge of signs and symptoms of mental health and substance use issues
 - Opioid response supplement added May 2018





What is MSU Extension doing related to behavioral health?

- Documentary film screenings and panel discussions
 - Hosted in partnership with local coalitions
 - Panelists include people in recovery, surviving family members, Families Against Narcotics members, doctors, mental health professionals, attorneys and judges, police





What is MSU Extension doing related to behavioral health?

- Fact sheets

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FIVE THINGS TO KNOW ABOUT THE OPIOID EPIDEMIC

- Americans are dying every day from overdosing on opioids.**
Opioids are drugs that act on the nervous system to relieve pain. Every day, 115 Americans die after overdosing on opioids.¹ The misuse of and addiction to opioids – including prescription pain relievers, heroin and synthetic opioids such as fentanyl – is a serious national public health crisis. In 2015, opioids killed more than 33,000 people, more than any year on record before that year.²
- Opioid deaths in Michigan are increasing.**
From 1999 to 2016, the total number of overdose deaths involving any type of opioid increased more than 17 times in Michigan, from 99 to 1,689.³
- Collaboration among organizations and people will be key to tackling the opioid epidemic.**
A range of efforts will be critical in addressing the opioid epidemic.⁴ These include:
 - Offering educational prevention programs in school and community settings.
 - Using prescription drug monitoring systems. (In our state, it's the Michigan Automated Prescription System or MAPS.)
 - Carrying out programs that include the giving of naloxone (an overdose antidote drug) to opioid users and their family members.
 - Encouraging law enforcement that addresses doctor shopping, and sending people with substance use disorders to a special court system for substance abuse.
 - Making it possible for more people to receive treatment.
- Every person can make a difference. Some things you can start doing today:**
 - Store medications safely.
 - Don't share prescription medications.
 - Learn to recognize the signs and symptoms of opioid abuse.
 - Keep talking about the opioid epidemic and help break the stigma.
- Don't wait to talk with your healthcare provider if you or a family member is facing an opioid use disorder.**
Due to the highly addictive nature of opiate drugs, professional help is recommended. Use the Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator (www.findtreatment.samhsa.gov/locator) or call 1-800-662-HELP (4357) for treatment information. Families have found benefit in seeking help and support through organizations such as Nar-Anon, Families Anonymous or local Families Against Narcotics (FAN) chapters. These groups will vary by community.

To learn more about the opioid epidemic, visit www.cdc.gov/drugoverdose

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HOW TO SUPPORT SURVIVORS OF SUICIDE ATTEMPTS

NEED HELP NOW?
If you or someone you know is experiencing thoughts of depression or have suicidal thoughts, reach out for help.

CALL FOR AN EMERGENCY
If the situation is potentially life-threatening, get immediate emergency assistance by dialing 911.

CRISIS TEXT LINE
Text CONNECT to 781781

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
helpline.suicidethoughts.org

In Michigan, one person dies by suicide every seven hours (American Foundation for Suicide Prevention, 2010). If an every suicide death, there are 27 attempts. As a concerned family member, friend or community member, what can you do to support suicide attempt survivors?

Tell the person you care. Many people who consider or attempt suicide feel or have felt isolated and lonely. Communicating your care to the person can make a big difference.

Listen. The person may want to share their experience, thoughts or feelings with you. When listening, focus on hearing what the person is experiencing without sharing who you think is causing it. Acknowledging what the person has shared can help the person to feel more connected to you.

Ask what you can do to be supportive. This might mean anything from helping the person find a mental health provider to assisting in finding a schedule for the day or week by cooking a meal. Each person will have different needs and asking in this way may be more helpful.

Help to create a safety plan. People who survive suicide attempts benefit from developing a plan of what they might do or who they might reach out to to ease any fear or concerns concerning suicide in the future. You could help them to develop a safety plan, offer to be a contact person for them in the future, or do both.

Encourage the person to engage with mental health professionals. After a suicide attempt, mental health professionals such as psychiatrists, psychologists, social workers or certified peer specialists can be helpful in processing what happened and how the person is feeling.

Keep in regular communication. Help to learn more about signs and how to respond and with the person? Check back in to see how they are doing.



What have we heard from communities about suicide?

- People want to understand warning signs and help to reduce suicides.
- Concern about suicidal ideation among young people.
- Desires to learn how to improve communities and protective factors.
- Need for:
 - education among general community members.
 - increased availability of and access to professional treatment.
 - lessen stigma, increase community dialogues on these topics.
 - increased public transportation to go to healthcare offices.
 - ongoing support for those who have suicidal thoughts and/or experience mental illness.
- Concerns about legal issues in wanting to help others.



Thank you.

Questions?

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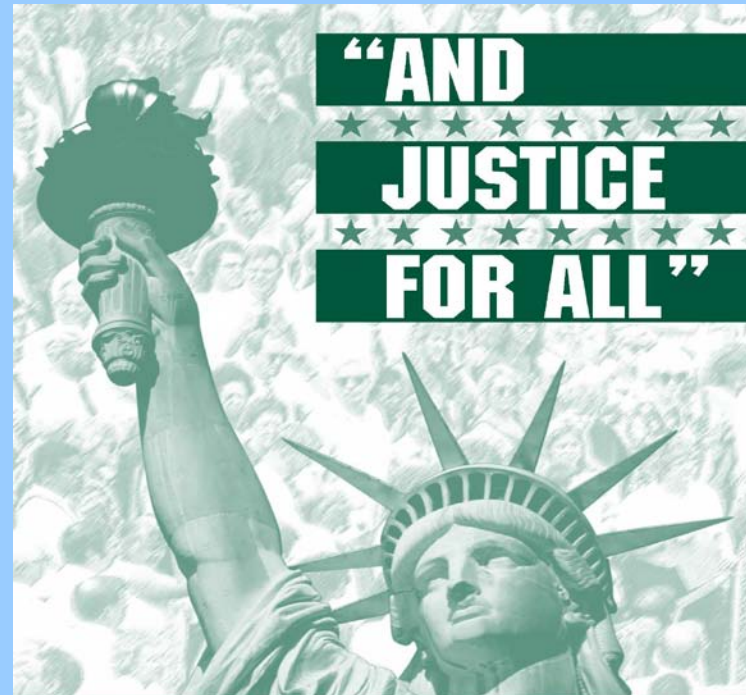
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MSU Extension Community Behavioral Health website:

<http://www.msue.msu.edu/cbh/>

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