Addressing Opioid Misuse and Suicide through MSU Extension

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January 16, 2019
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
What do we know about opioid misuse and overdose?

Source: Kaiser Family Foundation and National Vital Statistics System
Opioid Prescriptions compared to Opioid Related Deaths

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?

Suicide Rates, 1999-2017

Source: CDC 2019
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
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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MSU Extension Community Behavioral Health website:
http://www.msue.msu.edu/cbh/
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