# Emergency Preparedness + Business Continuity Conference Nov 1, 2017

## **BC Opioid Overdose Emergency**



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

Jane Buxton MBBS, MHSc, FRCPC Harm reduction lead BC CDC



## Overview

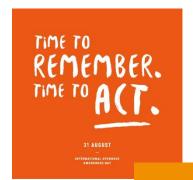
- Background overdose crisis
- Public health emergency declared
  - Improving monitoring and surveillance
    - Who is at risk, how/where to target interventions
  - Before OD: Preventing overdose before it happens
    - Awareness and Education
    - Improve treatment opioid agonist therapy & injectable
  - During OD: Immediate response to an overdose
    - Drug use in observed/supervised settings
    - Training to recognize and respond to OD
    - Naloxone programs: THN and FORB
- What next?
  - Better access to treatment and safer drugs
  - Engaging people with lived experience
  - Reduce stigma
  - Decriminalization

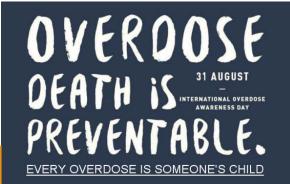


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This presentation is made possible by many

Thank you to first responders, staff and people with lived experience who are dedicated to saving the lives of others













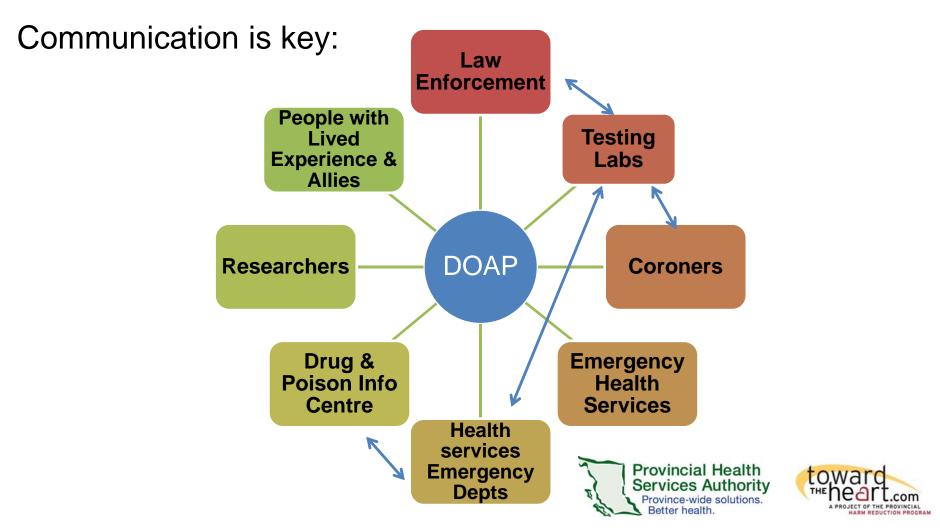
## Harm reduction....

- > ... is pragmatic non-judgmental approach; aims to treat people who use drugs with respect, dignity, and compassion. Meets people where they are and doesn't insist on abstinence
- involves a range of services and strategies to enhance the knowledge, skills, resources, and supports for individuals, families and communities to be safer and healthier.
- > ...involves the experts (people with lived experience) to provide insights into the reality of drug use and ensures our work is relevant
- Does not enable or facilitate drug use; it makes connections, builds trust and engages people into treatment



### An agency of the Provincial Health Services Authority

## BC Drug Overdose & Alert Partnership



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# Communicating drug alerts

## **Findings**

- Be timely
- Be accessible & relevant
  - Use simple language that implies harm
  - Date posters & remove
  - State what to look for and what can do
    - Enable an informed decision
- Avoid:
  - Scare tactics and don't do it messages
- Public media alerts
  - Police or HA get input from service providers and PWUD



FH Harm Reduction Date Posted: April 18, 2017 (please remove by May 1, 2017)

ALER1

## **OVERDOSE ALERT**

There has been an increase in people needing medical support after consuming substances in Surrey.

### Reports include:

- · Loss of consciousness
- Overdoses that involve seizures
- · Extreme muscle rigidity
- High risk of overdose (OD) even from smoking

### Please look out for each other.

### FOR YOUR SAFETY:

- √ Where possible, don't use alone
- ✓ If you do use alone, make a plan to have someone check on you
- ✓ Test by using small amounts first and go slowly
- ✓ Do not use with alcohol or other drugs

Plan to survive, know how to respond to an overdose:



If someone ODs, YOU can help!

- 1) CALL 9-1-1 immediately
- 2) Open airway and give BREATHS
- 3) Give naloxone (Narcan) if you can









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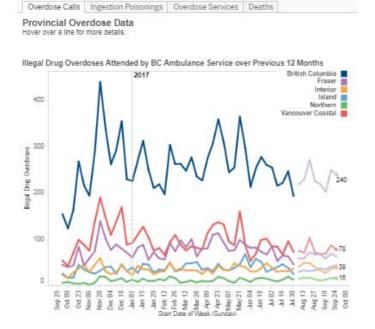
Health Professionals / Clinical Resources / Harm Reduction / Overdose Data & Reports

### Overdose Data & Reports

### **BCCDC Reports:**

- The BC Public Health Opioid Overdose Emergency Jan 2017
  undete
- The BC Public Health Opioid Overdose Emergency Mar 2017 update
- Summary Infographic: The Opioid Overdose Emergency May 2017 - Online version and Print Friendly version
- BC Overdose Action Exchange Meeting Report August, 2017
- . BC Overdose Action Exchange Meeting Report July, 2016
- . BC Overdose Action Exchange Primers July, 2016

### Interactive Dashboard:



### In this section



### Mortality and Overdose Maps:

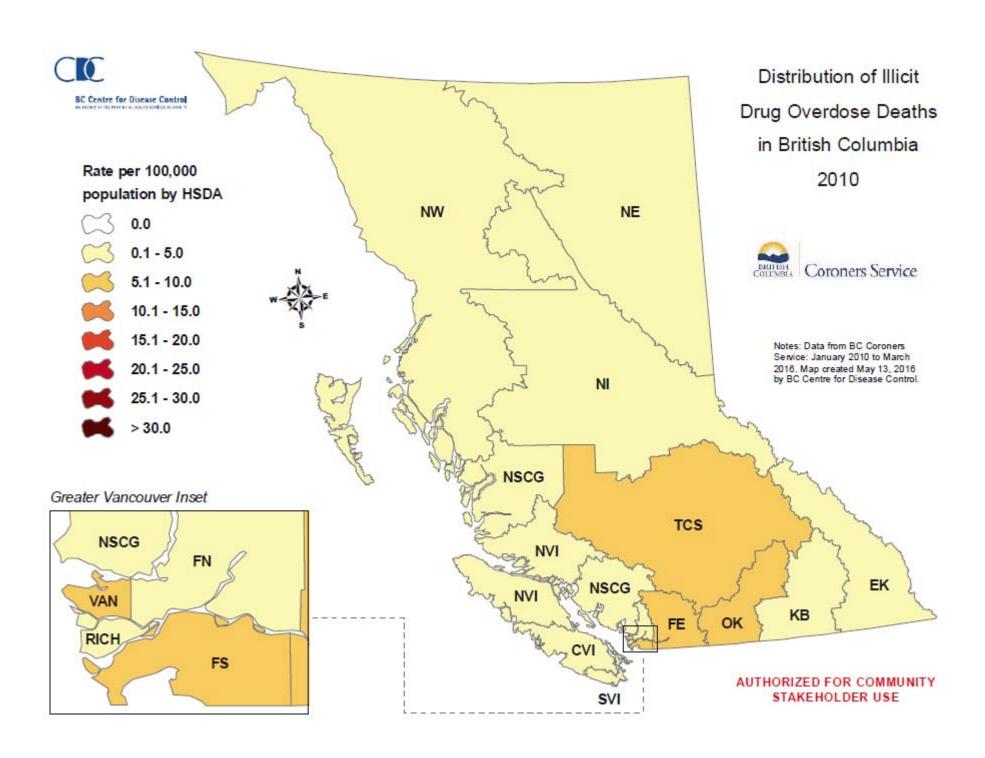
- Illicit Drug Overdose Deaths (Jan 2010 Jul 2017) Maps of <u>Health Service Delivery Areas (HSDA)</u> and <u>Local Health Area</u> (LHA)
- BC Paramedic Attended Overdose Events (2016) Maps of <u>HSDA</u> and <u>LHA</u>

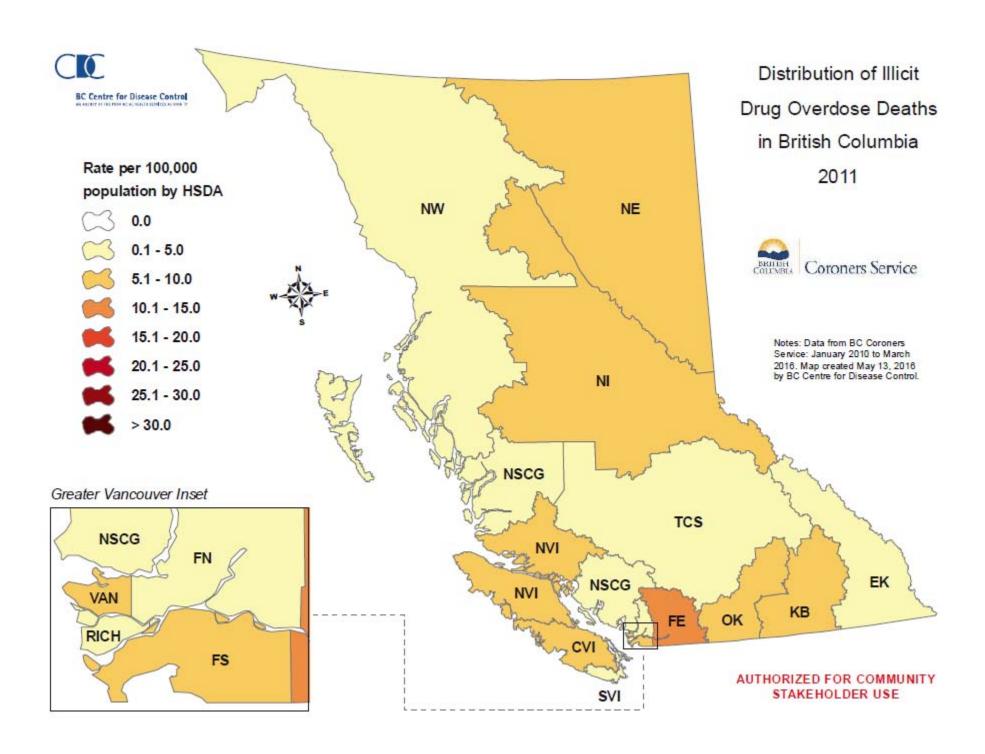
### **BC Coroners Service Reports:**

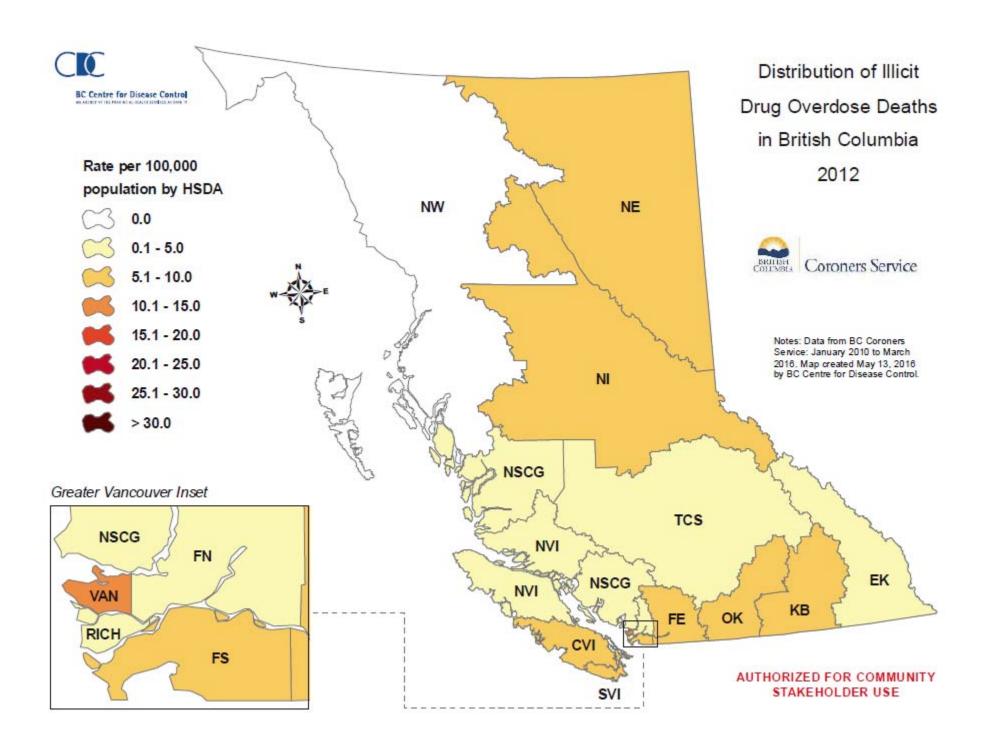
- Illicit Drug Overdose Deaths (2007-2017)
- · Fentanyl-detected illicit drug overdose deaths (2012-2017)

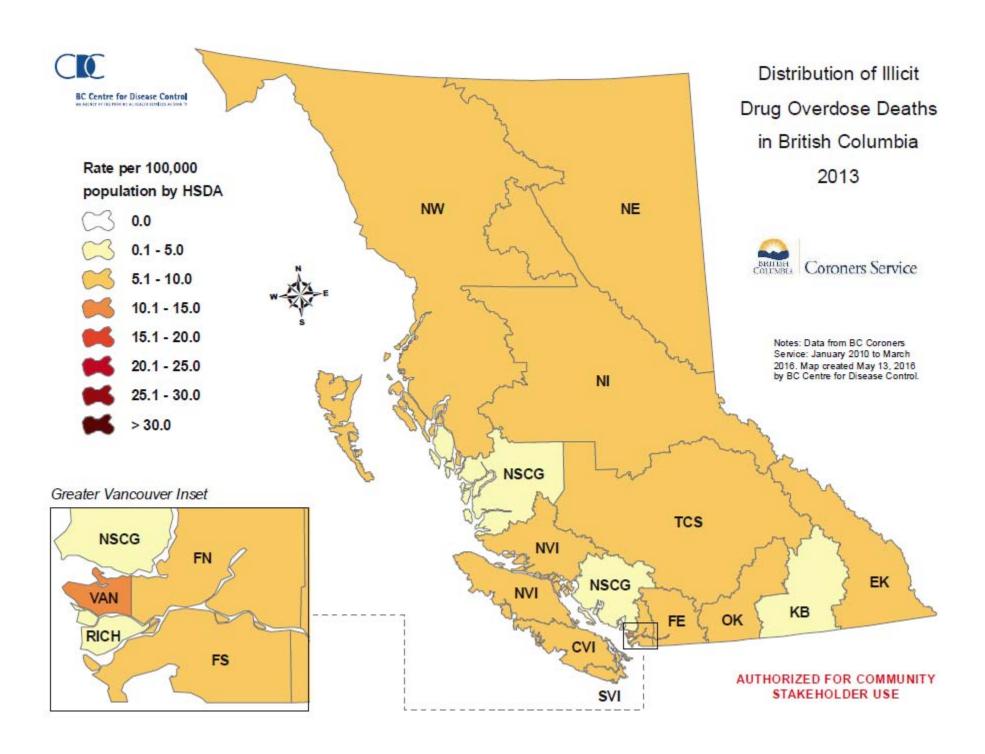
### BC Ministry of Health Reports:

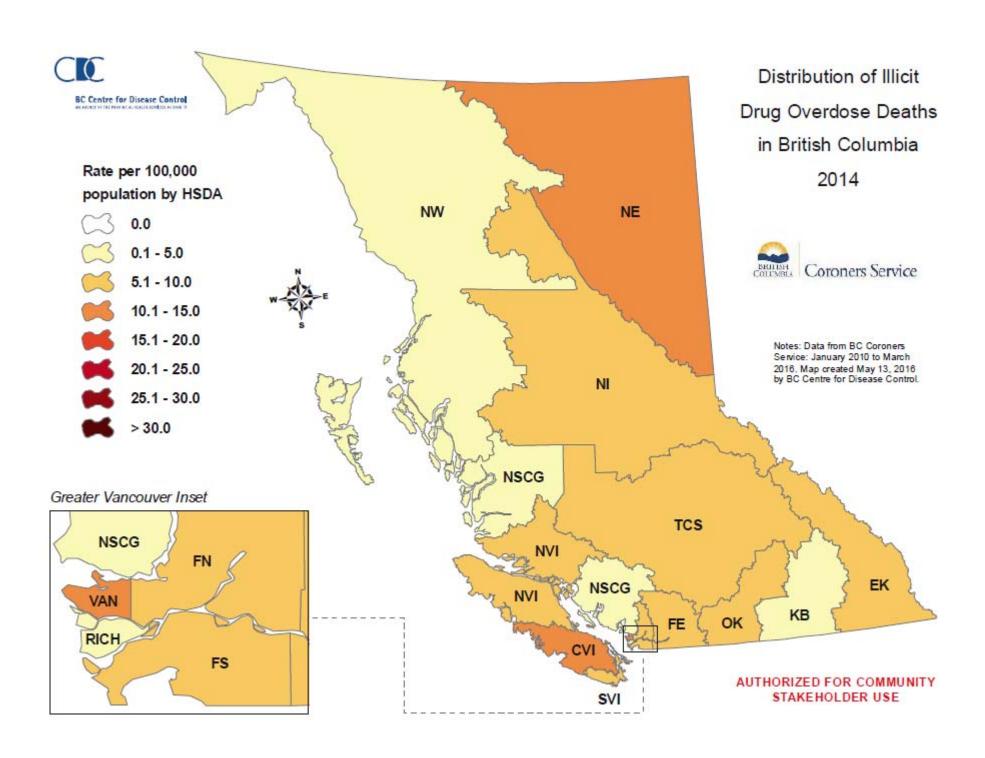
Bimonthly reports

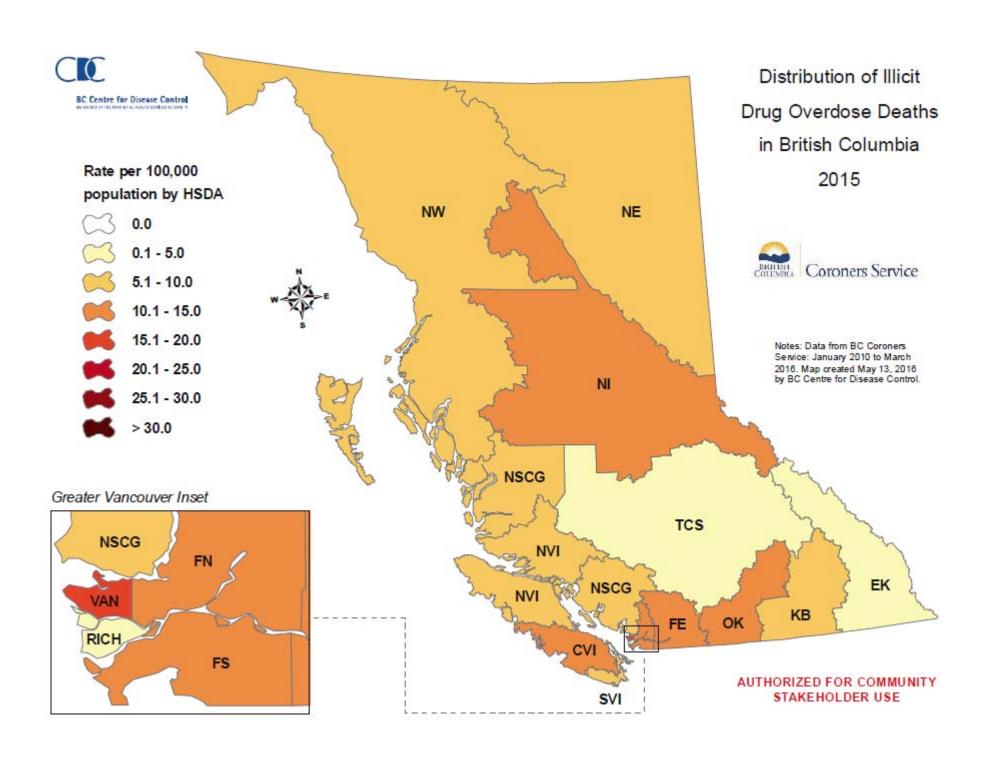


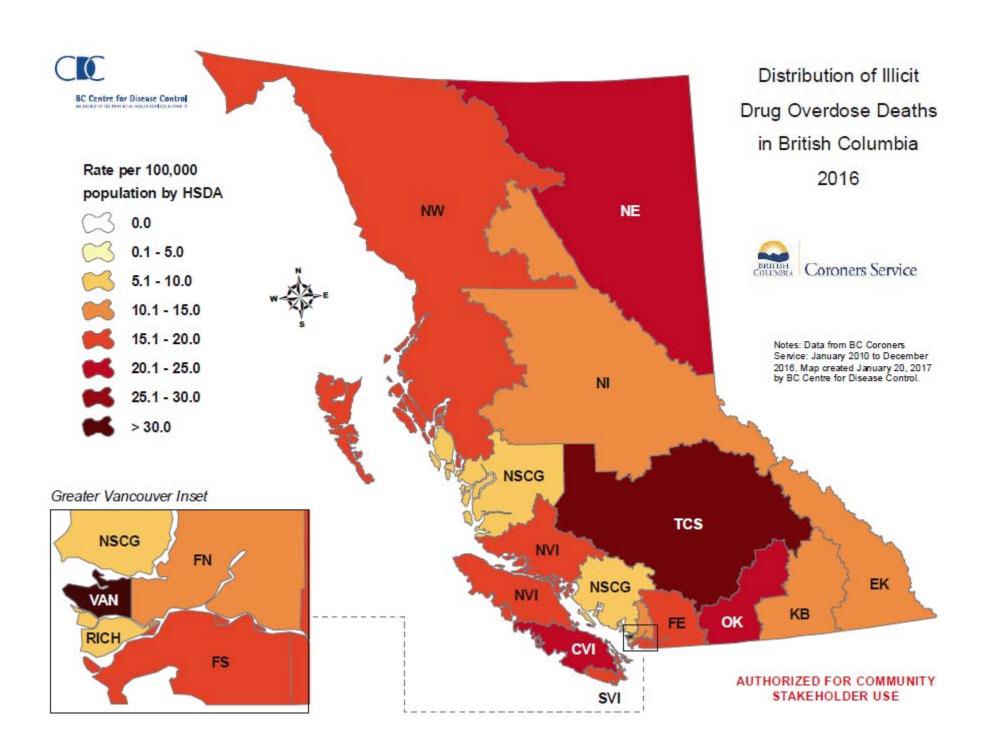


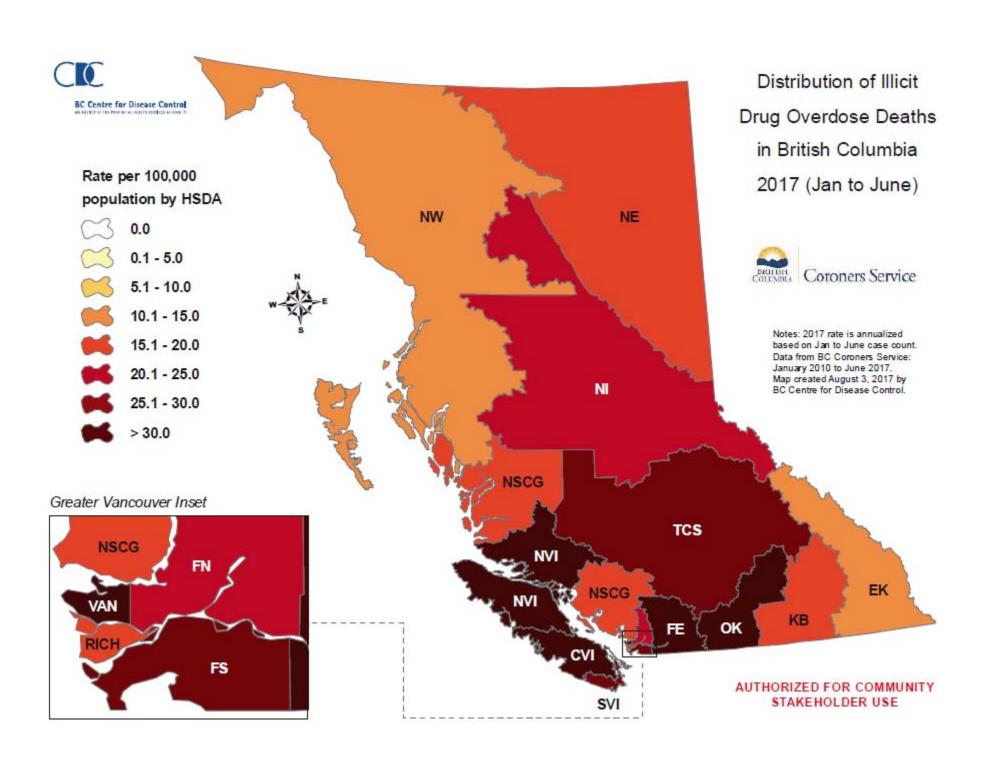




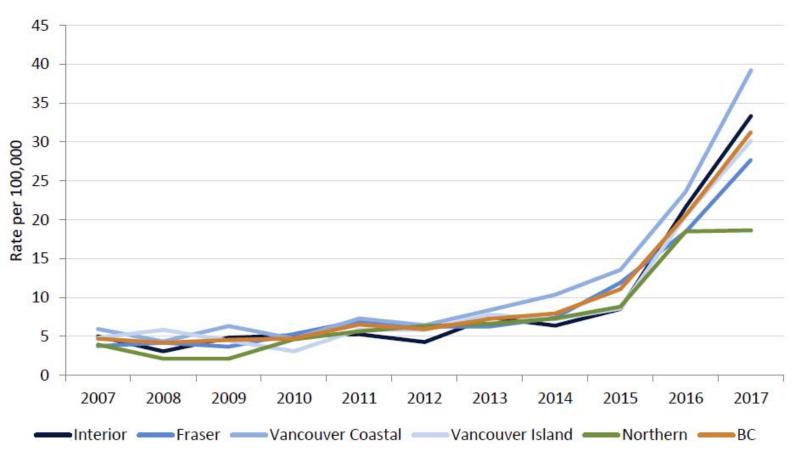








## Illicit drug death rates by health authority



Provisional - will change as cases are closed; Data to July 31, 2017 <a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports">http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports</a> BCCS Sep 7, 2017





## Public Health Emergency Declared

April 14th, 2016 BC Provincial Health Officer declared a Public Health Emergency under section 52 of the *Public Health Act* in response to the rise in opioid overdoses: <a href="https://t.co/fwEwCkmmx0">https://t.co/fwEwCkmmx0</a>

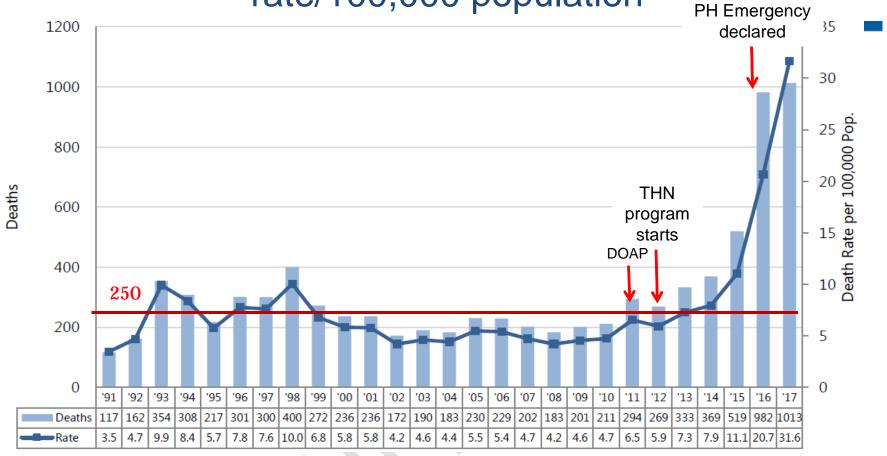
The first time the provincial health officer has served notice under the public health Act to exercise emergency powers.

"The action will allow medical health officers throughout the province to collect more robust, real-time information on overdoses in order to identify immediately where risks are arising and take proactive action to warn and protect people who use drugs."

## Public health emergency outcomes

> Funding, data linkage and overdose prevention services

Illicit drug overdose deaths (IDD) and death rate/100,000 population



Provisional will change as cases closed; BCCS Oct 12, 2017 <a href="http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/death-investigation/statistical/illicit-drug.pdf">http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/death-investigation/statistical/illicit-drug.pdf</a>
Data to Aug 31, 2017





## Where have deaths occurred?

		2016	2017
Inside:			
Private Residence	000/ 1 11	602 (61.6%)	508 (58.0%)
Other Residence Other Inside Outside	89% inside locations	229 (23.4%)	232 (26.5%)
	1003110115	41 (4.2%)	40 (4.6%)
		97 (9.9%)	91 (10.4%)
Unknown		9 (0.9%)	5 (0.6%)
Total		978	876

Private residence: driveways, garages, trailer, own/another's residence

Other residence: hotels, motels, shelters, rooming house etc

Other inside: facilities, occupational sites, public buildings and businesses

Outside: vehicles, streets/sidewalks, public parks, woods, camp grounds

Provisional – subject to change as cases closed; Data to July 31, 2017 <a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports">http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports</a> BCCS Sep 7, 2017

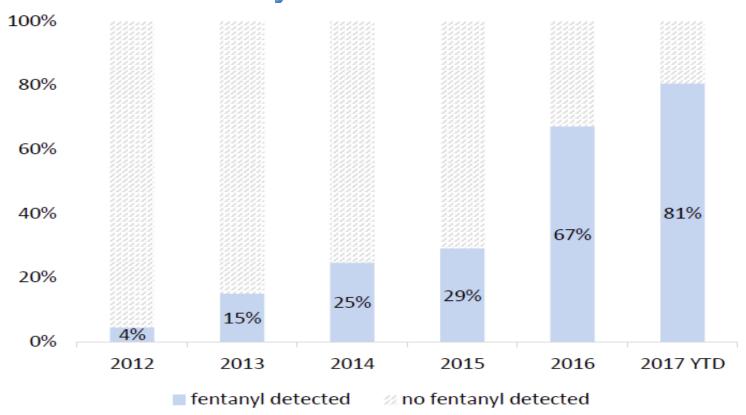
## Who has died in 2017?

82% male

74% aged 30-59yrs\_

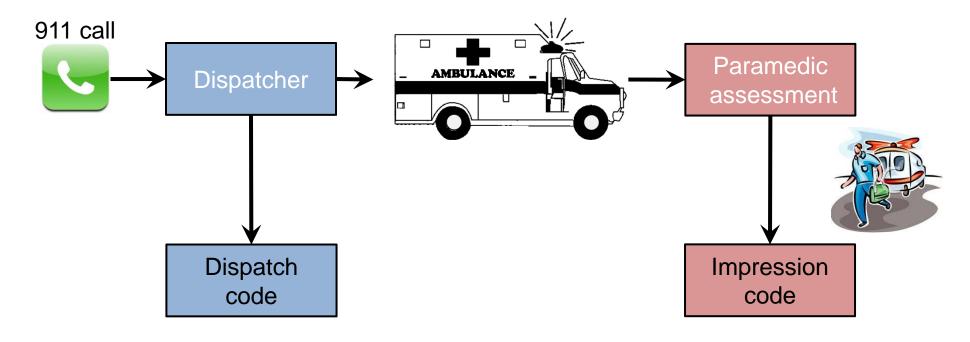
	Age group (yrs)	# deaths	%
	10-18	12	1.4
	19-29	154	17.6
	30-39	262	29.9
<b>{</b>	40-49	208	23.7
	50-59	175	20.0
	60-69	60	6.8
	70+	5	0.6

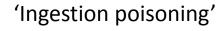
# Percentage of illicit drug deaths in which fentanyl detected in BC



Provisional – subject to change as cases closed; Data to July 31, 2017 <a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports">http://www2.gov.bc.ca/gov/content/safety/public-safety/death-investigation/statistical-reports</a> BCCS Sep 7, 2017

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'Recreational Drug Overdose'



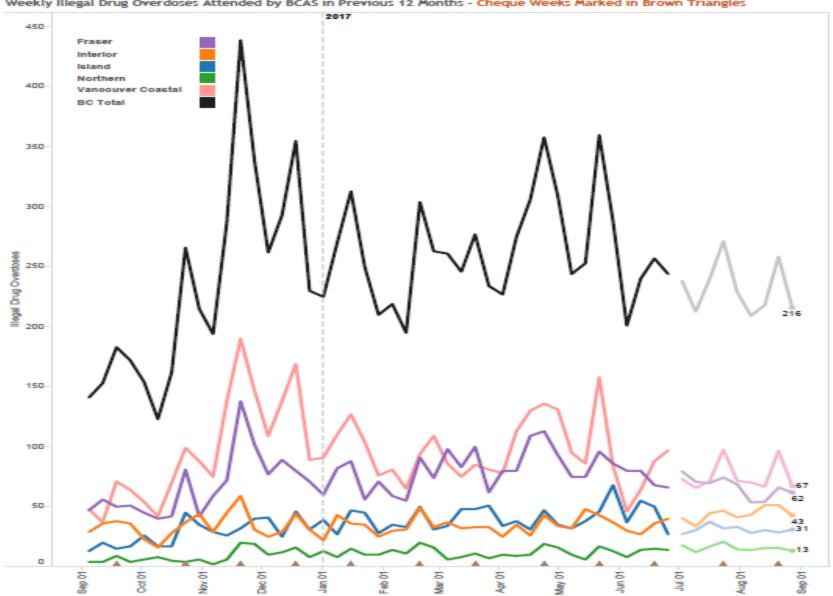




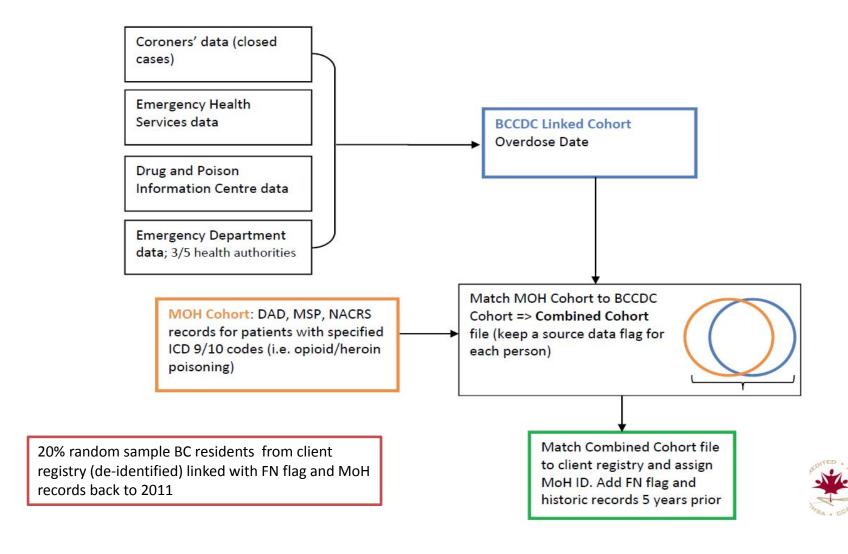
### BC Ambulance Service

Dates Indicate the start of the week (Sunday)

Weekly Illegal Drug Overdoses Attended by BCAS in Previous 12 Months - Cheque Weeks Marked in Brown Triangles

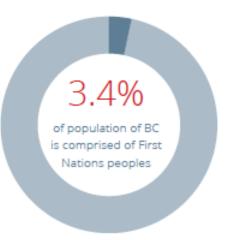


## Overdose data linkage flow diagram

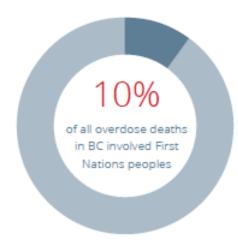












First Nations people are 5X more likely than non-First Nations to experience an overdose event

First Nations people are 3X more likely than non-First Nations to die due to an overdose

# P

### THE OPIOID EMERGENCY HAS EQUALLY AFFECTED FIRST NATIONS MEN AND WOMEN

Across BC, First Nations population overdose events have affected:

52% men and 48% women.

Non-First Nations overdose events in BC have affected: 71% men | 29% women

### FIRST NATIONS OF ALL AGES ARE AT A HIGHER RISK OF OVERDOSE EVENTS AND DEATH

1,903

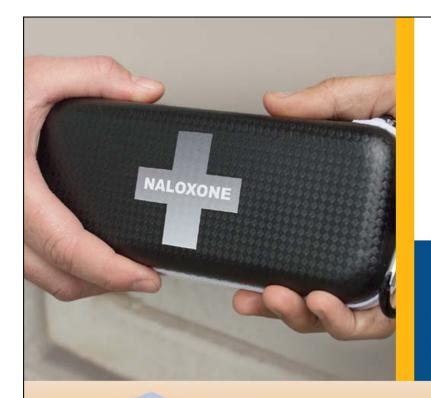
First Nations OD Events between January 1, 2015 - November 30, 2016

60

First Nations OD Deaths between January 1, 2015 - July 31, 2016



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## **OVERDOSES ARE** HAPPENING IN YOUR COMMUNITY

Learn more: gov.bc.caloverdose or call 8-1-1







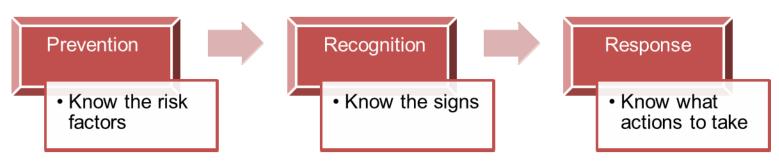




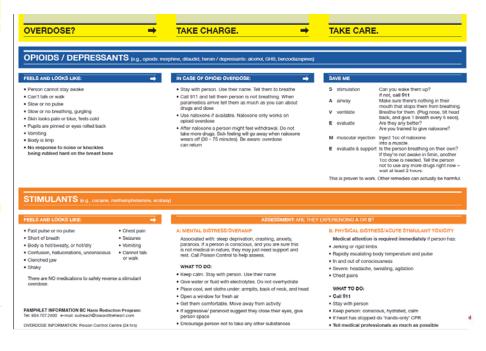


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## BC comprehensive overdose program









### Have a Buddy

Use with someone you trust. Use an overdose prevention sites if available. If you do use alone, make sure there is someone who can check on you and call for help if needed.

### Safer Drug Use Tips



### Start low, go slow.

Test a small amount first, then go slowly.



### Use one drug at a time

Using more than one substance increases risk of overdose. Mixing your drugs (including prescription drugs) with other substances, or with alcohol is dangerous.

If you do mix, use less than you normally would and go slowly.



## Be aware of your health and tolerance.

Being sick, run down, sleep deprived or having a chronic illness can increase risk of overdose.

Changes in your tolerance after a period of non-use, or if you are using a substance for the first time also increases the risk of overdose.



### Have an overdose plan. Carry naloxone

Discuss with the people you are using with what you will do in case an overdose happens. Make a plan, get trained and carry naloxone.



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**Not Responding** 

Doesn't move and can't be woken.



Blue Lips & Nails

### Know the Signs



**Slow or Not Breathing** 

A breath every 5 seconds is normal.



**Making Sounds** 

Choking, gurgling sounds or snoring



**Cold or Clammy Skin** 



**Tiny Pupils** 





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## Overview

- Background overdose crisis
- Public health emergency declared
  - Improving monitoring and surveillance
    - Who is at risk, how/where to target interventions
  - > Before: Preventing overdose before it happens
    - Awareness and Education
    - Improve treatment opioid agonist therapy & injectable

400

- !!! New opioid prescribing guidelines may have unintended consequences
- ✓ Improve methadone and buprenorphine/naloxone access (physician training, costs etc)
- Injectable-opioid treatment (diacetylmorphine and hydromorphone)

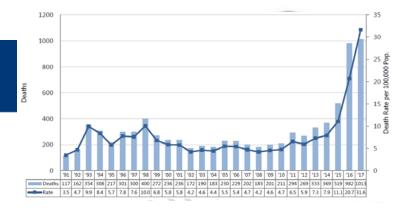
Cross Town clinic; Pier Pharmacy



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- What next?
  - Better access to treatment and safer drugs
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  - Reduce stigma
  - Decriminalization





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## Ministry Directives:

## **Overdose Prevention Services**

**Dec 9, 2016** Ministerial order under Emergency Health Services Act and Health Authority Act

- Temporary safe spaces for people who use drugs to be monitored in case of overdose
- 24 Sites throughout the province
- Sites vary between and within region
  - Supportive housing facilities
  - Existing harm reduction/drop-in sites
  - New stand alone sites
- Collect minimum data
- 2,000 ODs reversed



32

File photo: KIM ANDERSON / iNFOnews.ca

## Supervised Consumption Sites

Fraser Health opens 2 sites June 2017 Illegal substances can be snorted or swallowed as well as injected Each has 7 booths, 7am-1am, 7days/wk

1) Safe Point; 135A Street, Surrey



Photo credit Georgia Straight

2) Quibble Creek Sobering and Assessment Centre





## **Supervised Consumption Sites**

Vancouver opens Powell St Getaway July 28, 2017

Sep 2017: Illegal substances can be snorted or swallowed as well as injected







August 30, 2017



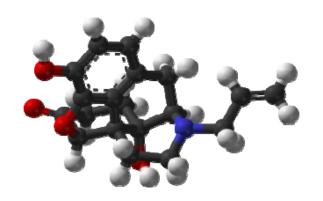




One line is positive for fentanyl, two lines is negative for fentanyl

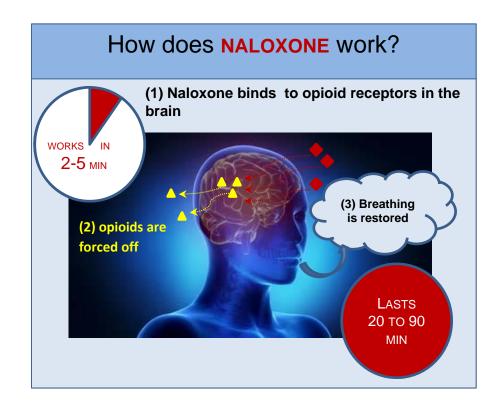
## Fentanyl checking expanding to more VCH sites

The pilot project at Insite offering a free fentanyl checking service is expanding to offer more locations for clients. People can now check their drugs for fentanyl at any of Vancouver's four overdose prevention sites and Powell Street Getaway supervised injection service, in addition to Insite. If you have clients in the Vancouver area who use illicit substances please let them know about this life-saving service.



## **Naloxone**

- Opioids depress breathing; become unconscious, breathing stops, brain damage and death
- Naloxone opioid antidote temporarily reverses opioid OD
- No pharmacologic action in absence of opioids







### BC Centre for Disease Control An agency of the Provincial Health Services Authority

## **BC** Take Home Naloxone kit

- Program evaluation qual and quant youth
- Input from Community Advisory Board



Case - changes with input Proud to carry naloxone White zip - easy find in bag Belt hook – easy to carry

Silver cross

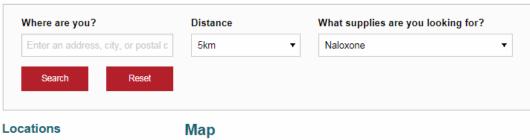
#### **Contents**

Amp snappers
3 amps naloxone 0.4mg/ml
3 safety needles
Breathing barrier

Reducing Harm

Naloxone Programs Overdose Working Together

#### **Site Locator**



About 1,000 views/month

#### AIDS Prevention - Needle

Exchange - Prince George 1108 3rd Ave Prince George BC, V2L 3E5 Zoom To

#### **Dawson Creek Health Unit**

1001 - 110th Ave Dawson Creek BC, V1G 4X3 Zoom To

#### **Quesnel Public Health Unit**

511 Reid St Quesnel BC, V2I 7C9 Zoom To

#### Terrace HU

3412 Kalum St Terrace BC, V8G 4T2 Zoom To

## Map Styled Map ALBERTA



Map data 02017 Google, INEGI Terms of Use

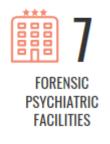


## BC take home naloxone sites

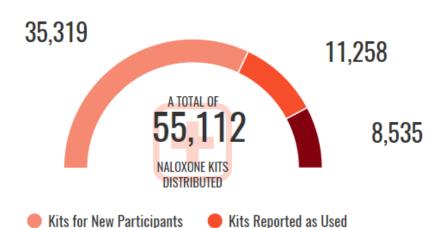
588
THN DISTRIBUTION LOCATIONS IN BC







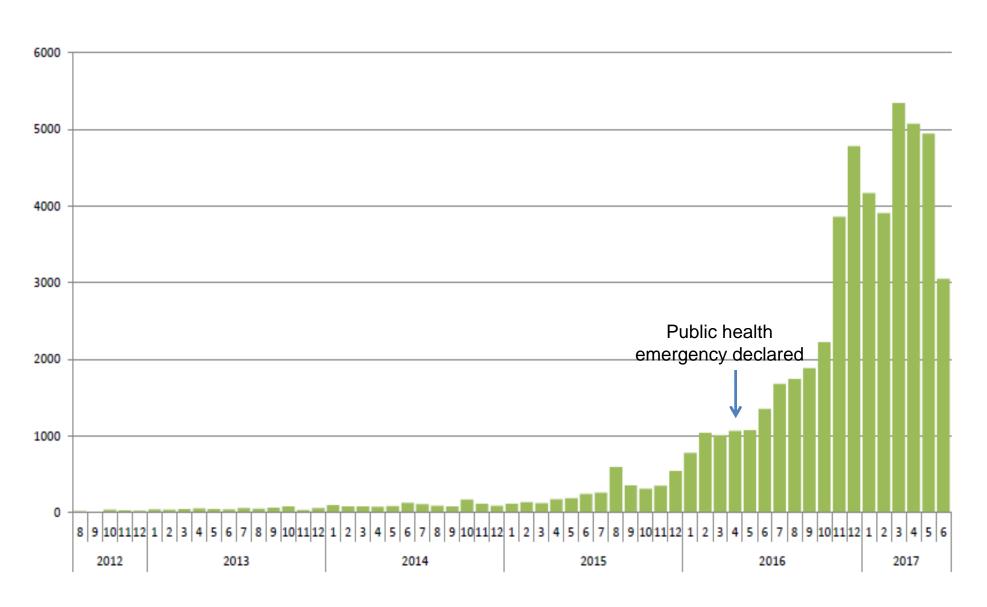
#### DISTRIBUTION OF KITS



Replacements for Stolen, Lost, Expired & Confiscated Kits

http://towardtheheart.com/naloxone/

## THN Kits Distributed per Month through the BC Take Home Naloxone Program, August 2012 to June 2017 (data updated September 30th, 2017)



## BC Take Home Naloxone Program

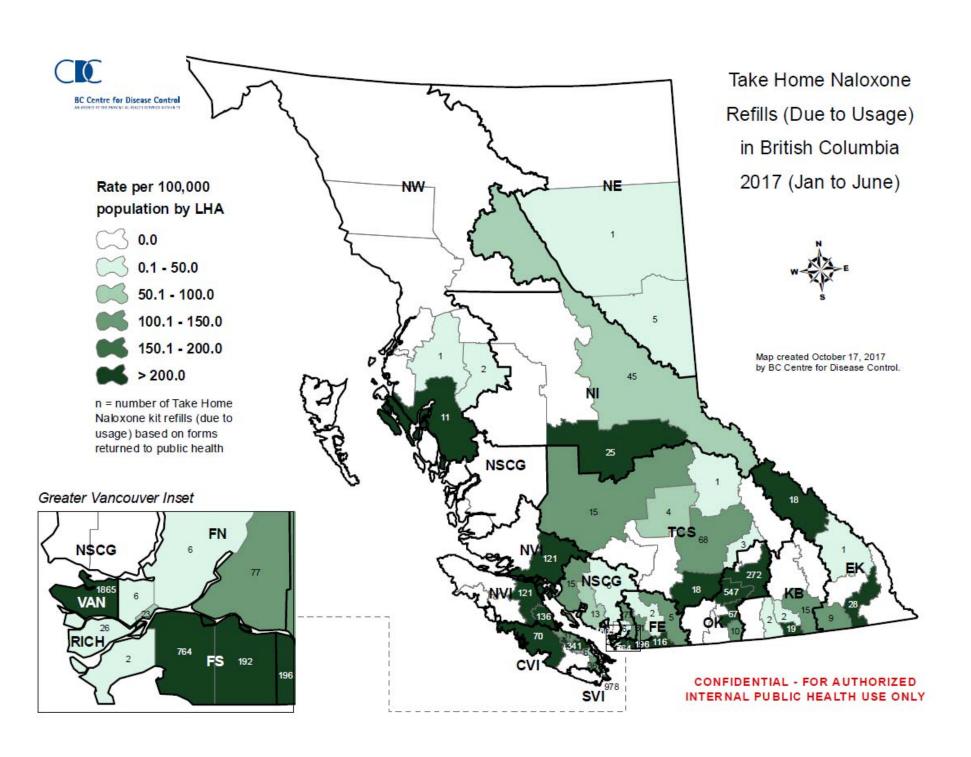
	Sept - Dec 2012	2013	2014	2015	2016	2017*	Total
Sites Enrolled (Active)	6	27	28	46	299	184	590
Kits Distributed**	107	622	1,199	3,394	22,494	27,296	55,112
THN Kits administration events***	5	36	126	428	4,293	6,370	11,258

- based on data entered to September 30th, 2017
- \*\* 200 dispensation records missing date
- \*\*\*based on kit refills for reason: used on self or other for to reverse an overdose;

2 reversals have no year

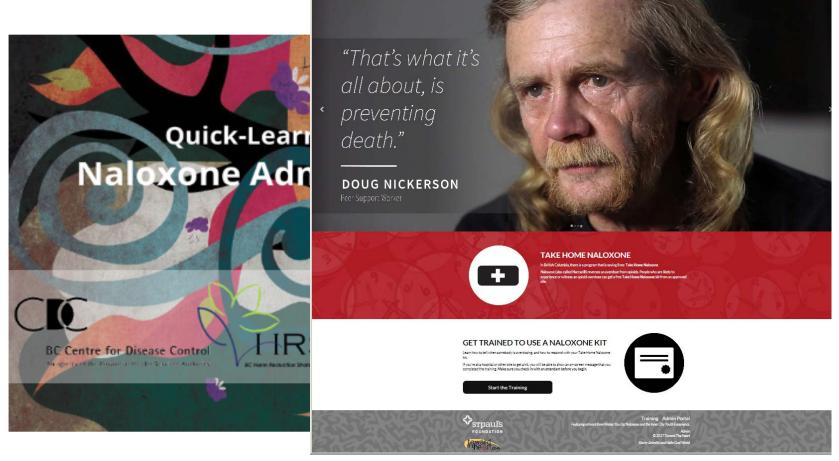






## Need for training resources

\*\*NEW\*\* Naloxone Administration Quick-Learn Lesson

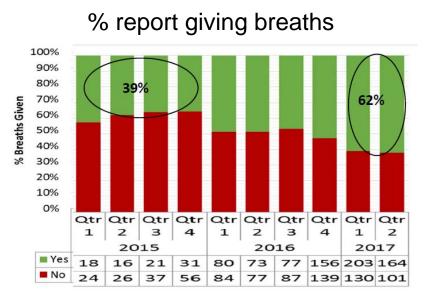


**New App** 

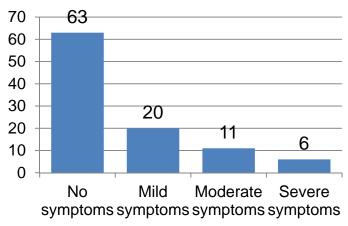
The BC Centre for Disease Control has developed a new online e-learning lesson outlining what to do if you witness or suspect an opioid overdose.

## Correcting myths through data

#### Naloxone always causes withdrawal



#### % reporting withdrawal



#### Lay responders won't give breaths

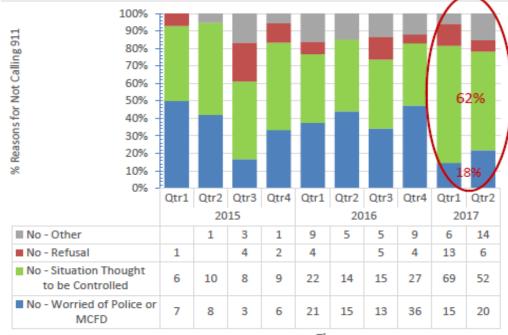
In 2017 – 20% reporting no breaths given as were breathing

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## Correcting myths through data

#### People are afraid to call 911

% reason not call 911



Time

% report calling 911



VPD don't routinely attend (30%) Highest rate calling 911

BCEHS no longer routinely inform police re OD, crew can request





BC Centre for An agency of the Prov

# THE GOOD SAMARITAN DRUG OVERDOSE ACT IS NOW LAW

#### THE LAW SAYS:

If you are at the scene of an overdose and you or someone else calls 911 to get medical assistance, you are not to be charged with simple possession (possession for your own personal use) of an illegal substance.



You are also **not to be charged for breach of probation or parole** relating to simple drug possession.



IF YOU SUSPECT AN OVERDOSE,

**CALL 911** 

**CALLING 911 SAVES LIVES** 

After calling 911, give breaths and naloxone if you have it.





For more information, visit:

http://www.pivotlegal.org/good\_samaritan\_drug\_overdose\_act

http://canada.ca/opioids

July 18, 2017









## Facility Overdose Response Box program



Dec 1, 2016

Boxes with 5-20 doses of naloxone and OD supplies given to approved community based organizations





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## Facility Overdose Response Box program

**Sites:** Non-profit community organizations where people may overdose e.g. shelters, supportive housing, drop-in centres and Friendship Centres

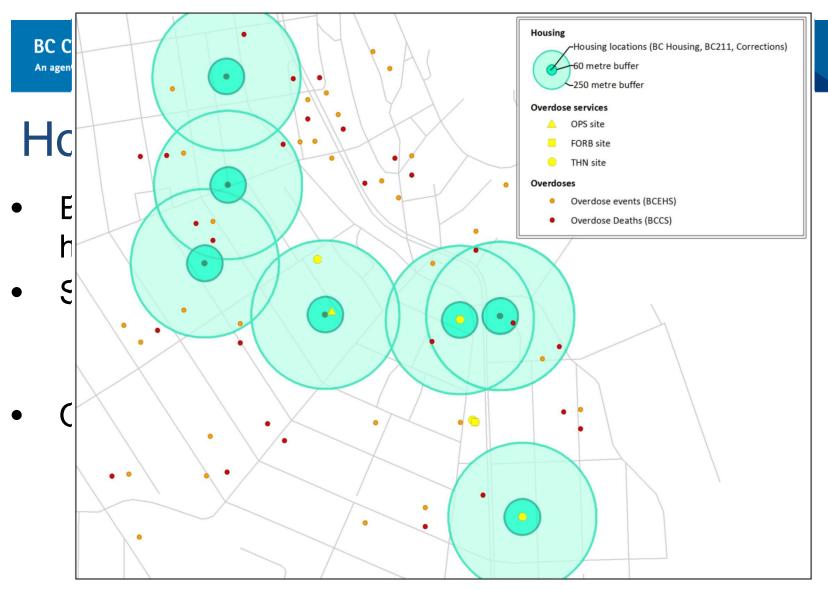
#### Registered sites commit to

- Develop OD response policy
- Staff training, debriefing & support
- Plan exercises/drills to maintain staff competencies and train new staff
- Documentation to BCCDC: report naloxone use; BCCDC restocks supplies

To date 400 sites registered

http://towardtheheart.com/naloxone/forb/program-modules





Ref: Mieke Fraser, Laura MacDougall, Margot Kuo and Sunny Mak





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#### Language matters...



4 guidelines to using non-stigmatizing language

- >Engaging pe
- Improve accederugs
- ➤ Reduce stigr
  - Respectful La
  - Decriminalizat

Use People-first language



Person with a cocaine-use disorder

VS. Cocaine user OR Addict



Use language that reflects the medical nature of substance use disorders



Addictive disease OR Substance use disorder VS.

Abuser OR Junkle



Use language that promotes recovery



Opted not to OR
Not in agreement with
the treatment plan

VS.

Unmotivated OR Non-compliant



Avoid slang and idioms



Positive test results OR Negative test results

VS.

Clean test results OR Dirty test results



VISIT towardtheheart.com/naloxone/ FOR MORE INFORMATION

WORKING TOGETHER | REDUCING HARM

Last Updated: September 30h, 2017

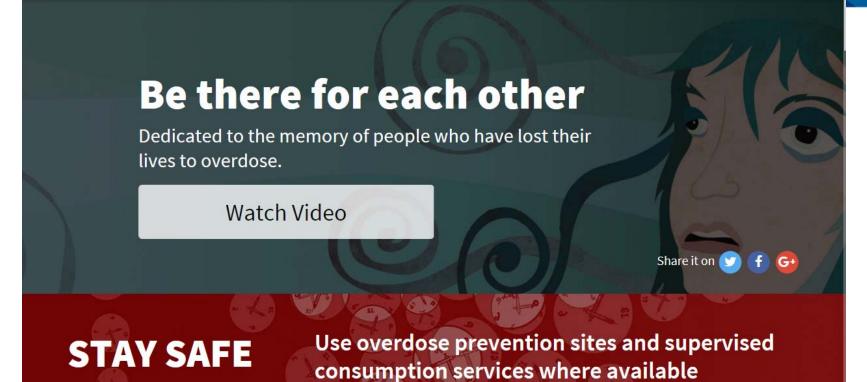


Reducing Harm

Naloxone Programs Overdose

**Working Together** 















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