Zero Overdose: Managing Your Population At-Risk of Overdose

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#ACUCConf2019
Welcome and Agenda

- Zero Overdose: Origin and Approach
- Overdose and the Underserved
- Screening and OD Safety Planning
- Developing an OD Care Pathway
- Overcoming Barriers to Care
Origin and Approach

- The Origin: We had to do more.
- Building off existing models
- Integrated & organizational-wide
- Approaching Overdose as Preventable
Screening and Safety Planning

- Assessing for Risk of Overdose
  - Universal, Standardized, Social Determinants
- The OD Safety Plan
  - Concrete, Collaborative, Safety First
Assessing Risk Factors: Population

- Current Substance Use
- Medications with Risk of Overdose
- History of Substance Abuse
- Recent Incarceration
- History of Accidental Overdose
Risk Factors: Current Use

- What substances do they use
- Quantity, frequency, method
- Where, with whom do they use
- How do they obtain it
Risk Factors: Medications

- Long-term or Acute Opioids
- Medication Assisted Treatment
- Benzodiazepines
Risk Factors: History of Use

- Substance use as a chronic illness
- Understanding tolerance
- Transitions are periods of high risk
  - Incarceration
  - Transition of Care
  - Pregnancy
Step One: Things which put me at risk of accidental overdose
(Risks are often use of medications or illicit drugs, methods of use, history, and health factors)

☐ ______________________________
  • ______________________________

☐ ______________________________
  • ______________________________
  • ______________________________

☐ ______________________________
  • ______________________________

Step Two: Actions I can take to reduce my risk of overdose
(Consider steps that address the risks found in step one, example: Changing method of use)

☐ ______________________________
  • ______________________________

☐ ______________________________
  • ______________________________
  • ______________________________

☐ ______________________________
  • ______________________________
  • ______________________________
Part Three: Things I do regularly (or want to do more) to stay well
(Consider ways you take care of your physical and mental health)

- __________________________
- __________________________
- __________________________
- __________________________

Part Four: People who support my wellness and I can ask for help

Name: _______________________
Phone: _______________________

Name: _______________________
Phone: _______________________

Name: _______________________
Phone: _______________________

Name: _______________________
Phone: _______________________
Part Five: Professionals and agencies I can call in a crisis

Name: _______________________  Phone: _______________________
Program: ___________________  Phone: _______________________
Detox/Urgent Care: ___________  Phone: _______________________
Local Crisis Hotline: ________________________________
SAMHSA's National Helpline: 1-800-662-HELP (4357)

Part Six: The number one reason I want to live today
• ________________________________

Part Seven: The next step I am willing to take to reduce my risk
• ________________________________
Safety Plan: Early Adopters

95% Discussing Overdose can reduce risks
48% Routinely discuss OD prevention
33% Did not feel confident in ability to discuss risks
42% Patients wants to talk OD prevention
62% Patients are not aware of OD prevention
100% liked the flow of the OD Safety Plan
92% Would use with new patients
Building a Care Pathway

- Universal Screening (social determinants)
- Increased effort to Engage
- Individualized and Integrated Care
- Transitions of Care
- Outcomes Based
Overcoming Barriers to Implementation

- Organizational / Programmatic
- Self Study: Attitudes and beliefs
- Developing Care Pathways
- EHRs and Quality Improvement
Thank You & Questions!

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Stronger Teams
Healthier Communities
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