

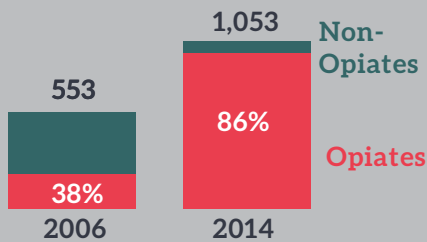
# Heroin & Prescription Opioid Use in King County and Bellevue

Make treatment on demand available for all types of substance-use disorders



Young adults are largest growing group seeking opiate detox

People **under 30** seeking detox for all drugs



The number of **needles exchanged** has more than **tripled**



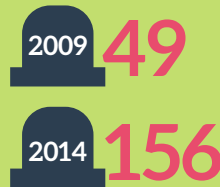
2,029,243  
2000

6,998,794  
2015

Continue to distribute naloxone kits to reverse the effects of heroin overdose to more locations such as treatment providers, homeless shelters, law enforcement, and first responders



Death from **heroin overdose** have tripled



Death from **prescription opioid overdose** have decreased



Overdose is now the leading cause of injury-related death for 25-65 year olds nationwide



Promote safe storage and disposal of medications

Create at least two locations where adults with substance-use disorders will have access to on-site service while safely consuming opioids or other substances under the supervision of trained healthcare providers

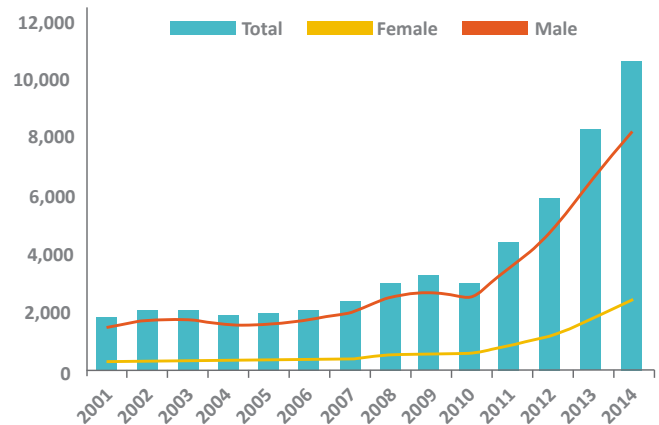
# HEROIN & PRESCRIPTION OPIOID USE IN KING COUNTY AND BELLEVUE

## Why it is Important

King County, like many places across the country, is seeing sharp increases in the use and abuse of heroin and prescription opiates. In 2016, there were 332 drug-caused deaths in King County and 219 of them were from heroin and prescription opioid overdose. Teens ages 14-15 represent the peak time of initiation into opioid misuse, and many users report that they began with prescription type opioids before moving on to heroin. Despite the need, the region suffers from the lack of services and treatment beds to address substance abuse. In King County, there are only sixteen detoxification beds and treatment options are limited. The number of people seeking treatment for opioids treatment has outpaced those seeking help for alcohol treatment. On March 1, 2016, King County Executive Dow Constantine announced the formation of a heroin and prescription opiate addiction task force.

This Focus Area will summarize the extent of the issue in King County and how it is affecting Bellevue/East King County. Most of the information within this chapter has been obtained from the King County Heroin and Opioid Task Force Report released in September 2016.

**National Overdose Deaths  
Number of Deaths from Heroin**

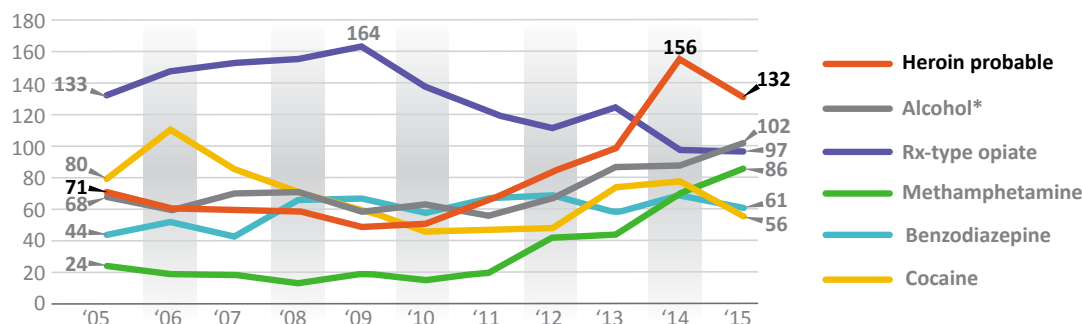


Source: National Center for Health Statistics, CDC Wireless

## A decade of drug deaths

Death from heroin fell by 15 percent in King County last year, but they're part of a lasting and worrisome trend, health officials say.

**Number of drug-used deaths in King County, 2005-2015**



Analysis: Alcohol and Drug Abuse Institute, University of Washington, Caleb Banta-Green

Source: King County Medical Examiner

# King County Heroin and Prescription Opioid Addiction Task Force

To confront the problem, King County Executive Dow Constantine, Seattle Mayor Ed Murray, Renton Mayor Denis Law, and Auburn Mayor Nancy Backus announced the formation of the **Heroin and Prescription Opiate Addiction Task Force**. The Task Force was co-chaired by the King County Department of Community and Human Services and Seattle & King County Public Health. The Task force included 50 stakeholders, including University of Washington Alcohol and Drug Abuse Institute, behavioral service providers, hospitals, human service agencies, the recovery community, criminal justice partners, first responders, including City of Bellevue Fire Department Deputy Chief of Operations, Andy Adolfson, and others.

The Task Force was charged with developing both short and long-term strategies to prevent opioid use disorder, prevent overdoses, and improve access to treatment and other supportive services for individuals experiencing opioid use disorder.

The Task Force met over a six-month period to review:

- Current local, state and federal initiatives and activities related to prevention, treatment and health services for individuals experiencing opioid use disorder
- Promising strategies being developed and implemented in other communities
- Evidence-based practice in the areas of prevention, treatment and health services.

The Task Force strived to avoid redundancy with other related activities and to leverage existing partnerships and activities where appropriate. Also, they applied an equity and social justice lens to the work.

To be successful, heroin and opioid addiction holistically, compassionately, and through a public health lens. As King County Prosecuting Attorney Satterberg wrote in a letter to the Board of Health dated January 19, 2017, “I want you to know that in this drug crisis, unlike the response to crack cocaine in the 80’s and 90’s, that I believe that the criminal justice system should not take a primary role, and that instead we should follow the lead of public health professionals.”

## Task Force Recommendations & Community Response

To confront the region’s growing heroin and opioid epidemic, the Heroin and Prescription Opiate Addiction Task Force recommends a comprehensive strategy that focuses on prevention, increasing access to treatment on demand and reducing the number of fatal overdoses.

### Primary Prevention:

1. **Raise awareness and knowledge of the possible adverse effects of opioid use, including overdose and opioid use disorder.**
  - a. **Physicians:** Write fewer prescriptions, shorter term prescription, and educate patients on the potential for overdose and addiction
  - b. **Pharmacists:** Educate patients on the potential for overdose and addiction, plus include educational material with prescriptions

- c. **Public:** General education efforts to raise the awareness level of opioid addiction and overdose

**King County's Response**

- Awareness and education forums
- Mental Illness and Drug Dependency (MIDD sales tax) funding for prevention education -physicians, pharmacists, health care providers, and the public

**Bellevue/Eastside's Response**

- Eastside Human Services Forum held an education forum in June 2017. Caleb Banta-Green and Brad Finegood, Co-Chairs of the Heroin and Prescription Opiate Addiction Task Force, provided information about current trends and a variety of recommendations from the Task Force.
- Bellevue Human Services Commission hosted two panels. The first panel presented on the Trends on Heroin and Prescription Opiate Addiction In Bellevue in February 2017. The panel included Andy Adolfson, Battalion Chief and EMS Division Commander for the Bellevue Fire Department who also who served as Bellevue's representative on King County's Heroin and Prescription Opiate Addiction Task Force; Captain Marcia Harnden with the Bellevue Police Department; and Probation Division staffers, Janet Dole and Brandon Moore. A follow-up panel was held in May 2017, which included Brad Finegood, King County Behavioral Health and Recovery; Andrea Frost, Youth Eastside Services; Stephanie Benson, Healthpoint; Ken Schlegel, Therapeutic Health Services; and Arden James, Sound Mental Health.

- King County Public Libraries – Bellevue Downtown Library and Kirkland Library held a community meetings in March 2017. Bellevue held a community conversation on Heroin and Prescription Opiate Addiction Task Force Report and Recommendations. Kirkland held a community conversation on Making Treatment Work in the Real World for Real People.
- The City of Bellevue is evaluating what steps they can take to assist in the execution of the recommendations given by the Task Force as well as any other steps they can take to reduce the impact of opioids on the community.

**2. Promote safe storage and disposal of medication**

- a. Encourage patients to keep medications in secure locations
- b. Encourage patients to dispose of medications once need is gone
- c. Large scale takeback programs

**King County's Response**

- 100 drop-box locations
- These drop boxes are amongst the first in the nation where Controlled Substances, like opioids, can be disposed of without Law Enforcement oversight
- Mail-back envelopes
- Funded by pharmaceutical companies

**Bellevue/Eastside's Response**

- Participating in the programs listed above
- Secure drop-box in Police lobby of Bellevue City Hall
- 7 pharmacy take-back locations

### 3. Leverage and augment existing screening practices in schools and health care settings to prevent and identify opioid use disorder.

- a. Leverage existing screening practices in schools and health care settings to prevent and identify opioid use
- b. Early identification equals a better chance to get them off of drugs.

#### King County's Response

- Screening, brief intervention and referral to treatment (SBIRT)
- Screening tools for early identification of drug and alcohol problems
- The Best Start for Kids (BSK) Levy funding SBIRT in middle school

#### Bellevue/Eastside's Response

- Bellevue School District (BSK) is developing SBIRT plan for middle schools
- BSK is funding a health clinic at Highland Middle School
- Eastside Pathways Mental Health and Wellness Collaborative

## Treatment Expansion and Enhancement:

### 4. Create access to buprenorphine in low-barrier modalities of substance use disorder treatment services.

- a. Treatment on demand
- b. Buprenorphine is accessible; not restricted to limited sites like methadone
- c. Encourage physicians to write buprenorphine prescriptions
- d. Encourage the prescribing of this drug at medical clinics, emergency departments, behavioral health clinics and other sites that see substance abusers.

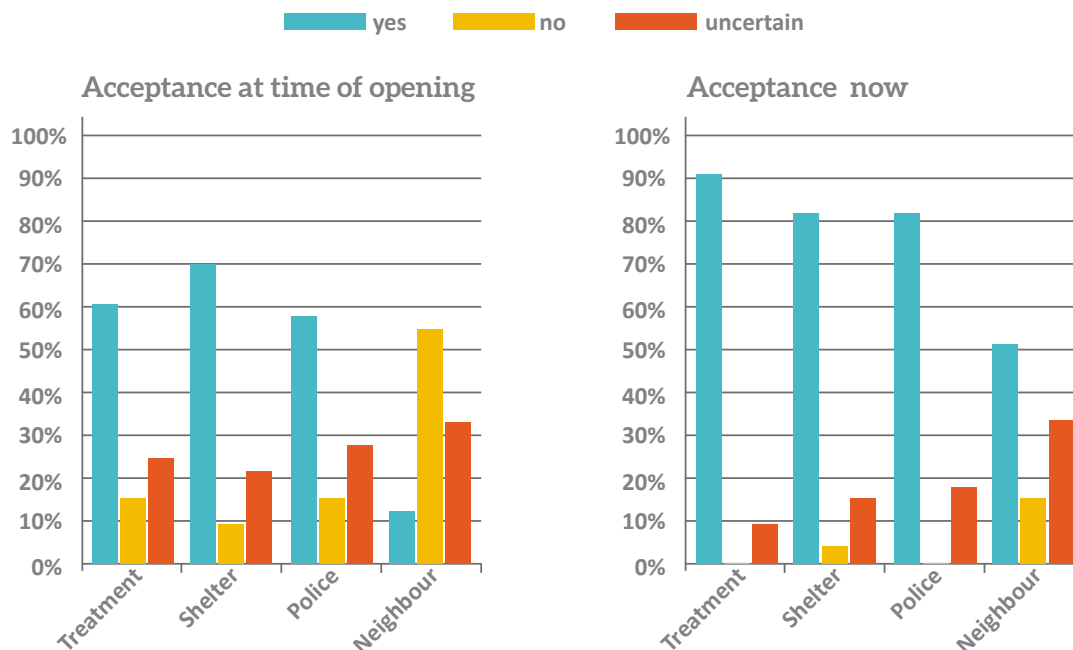
#### King County's Response

- 100 public and private health care providers that have received training and can prescribe buprenorphine
- \$500,000 in MIDD funding will be used to expand access

#### Bellevue/Eastside's Response

- 16 public and private health care providers in Bellevue can prescribe buprenorphine

## CHELs—European Experience



**5. Develop treatment on demand for all modalities of substance use disorder treatment services.**

- a. Tailor the treatment to the patient.
- b. Recognize concurrent issues.

**King County's Response**

→ Valley Cities is opening two facilities that will offer inpatient care to people in need of substance use detoxification and treatment, and recovery services. Recovery Place Seattle – Beacon Hill is scheduled to open in Fall 2017. Upon opening, the facility will offer 16 beds for acute medical detoxification and will expand to a total of 32 beds when fully operational. There will also be 42 beds for intensive inpatient substance use treatment, open in summer 2018. Recovery Place Kent will provide 16 beds for secure inpatient evaluation and treatment, and another 16 beds in a secure detoxification unit.

**Bellevue's Response**

→ Bellevue funds the following programs:

| Bellevue funds the following programs: |   |           |
|--|---|-----------|
| Youth Eastside Services                | Mental health counseling and substance abuse treatment to children and youth ages 6-22  | \$168,747 |
| Therapeutic Health Services            | <ul style="list-style-type: none"> <li>• Outpatient drug &amp; alcohol treatment</li> <li>• Medication Assisted Therapy (metadone)</li> </ul> | \$105,509 |
| Sound Mental Health                    | School and community based services for children, youth and adults with mental health and substance abuse issues                              | \$38,500  |
| Friends of Youth                       | Provides substance abuse treatment services to youth, young adults and their families   | \$88,960  |
| HealthPoint                            | Provides medication assisted therapy  | \$60,272  |

**6. Alleviate barriers places upon opioid treatment programs, including the number of clients served and siting on clinic.**

- a. Allow larger capacities at facilities that have been limited
- b. Work with communities to accept these facilities and view them as a medical clinic

**King County's Response**

→ International Community Health Services (ICHS) – affordable health care services for underserved populations

**Bellevue/Eastside's Response**

- HealthPoint – Affordable health care services for low-income populations
- Therapeutic Health Services – Outpatient drug & alcohol treatment, including medication-assistance treatment

**User Health and Overdose Prevention:**

**7. Expand distribution of naloxone in King County**

- a. Make naloxone more available to substance users and their social circle
- b. Evaluate the effectiveness of naloxone programs in relationship to police and BLS EMS

**King County's Response**

- State legislation authorized pharmacies to supply a nasal form of Narcan without a prescription
- Narcan carried on Medic Unit for many years; now carried by all fire response units
- MIDD funding is being used to expand distribution of Narcan

**Bellevue/Eastside's Response**

- Narcan carried on Medic Unit for many years; now carried by all fire response units

- Police Department narcotics officers are trained and will be carrying Narcan nasal spray, also carried by King County Sheriff Deputies.

## 8. Establish, on a pilot program basis, at least two Community Health Engagement Locations (CHEL sites) where supervised consumption occurs for adults with substance use disorders in the Seattle and King County region.

- One sites should be located inside Seattle and one site outside of Seattle.
- Supervised Consumption
- Resources for safe use
- Services available – Counseling and Rehab

### King County's Response

- Location of CHEL has not yet been determined. City of Seattle proposed setting aside \$2 million dollars for a CHEL site. Throughout King County, several cities have banned the sites, including Federal Way, Auburn, & Bellevue.

### Bellevue/Eastside's Response

- On October 16, Bellevue City Council voted unanimously to approve a permanent prohibition on safe-injection sites. The council determined that the safe-injection sites violate the city's land-use code.

## 9. On-going Task Force Work on Evolving Problem

Over the past year the Seattle/King County area (including the Eastside) has seen an increase in the use of the opioid fentanyl. Fentanyl has similar effects to heroin; however, it is about 50 times stronger. Cities like New York, Chicago, Pittsburgh, Philadelphia, and Cleveland

have seen dramatic escalations in fentanyl overdoses however one of the worse hit cities is Vancouver B.C., a three-hour drive north of here with a porous US/Canadian border. Fentanyl deaths have outpaced heroin deaths at a lightning speed over the last 3 to 5 years. A kilo of fentanyl can kill 333,000 people as it only takes about 3mg to kill an adult size male. Task Force Members and other community members are dedicated to finding new, innovative approaching to address the problem of heroin, prescription opioids, and fentanyl crisis.

## Sources for Additional Information

This Focus Area is a summary of King County Heroin and Opioid Task Force Report and updates on efforts of the steps being taken in our community. The entire report can be found at <http://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/task-forces/heroin-opiates-task-force.aspx>

### Other useful resources Washington State:

Report: 2016 Drug Use Trends in King County, Washington: <http://adai.uw.edu/pubs/pdf/2016drugusetrends.pdf>

Office of the Attorney General Opioid Epidemic: <http://www.atg.wa.gov/opioid-epidemic>

Opioid Overdose Prevention Partnership: <http://www.kingcounty.gov/depts/community-human-services/housing/services/homeless-housing/opioid-overdose-prevention.aspx>

Opioid Medication & Pain: What You Need to Know: <http://wahealthalliance.org/wp-content/uploads.php?link-year=2016&link-month=12&link=Opioid-Medication-Pain-Fact-Sheet.pdf>