



# Addressing the Prescription Drug Misuse and Abuse Problem in Arizona: Building on our Success

Prepared for:

The Planning Summit to Advance the Prescription Drug Misuse and Abuse Initiative: Next Steps in Statewide Implementation

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# The Structure of the Presentation

- Brief review the of the Arizona Prescription Drug Misuse and Abuse Initiative strategies
- Brief review our successes
- Brief review our lessons learned
- Review other guidance documents
- Launch into our work...

# Our strategies

Strategy 1: Reduce illicit acquisition and diversion of prescription drugs.

Strategy 2: Promote responsible prescribing of Rx opioids, benzodiazepines, and carisoprodol.

Strategy 3: Enhance Rx drug practice and policies in law enforcement.

Strategy 4: Increase public awareness and patient education about the risks of Rx drug misuse and pain management expectations.

Strategy 5: Enhance assessment and referral to substance abuse treatment.

# Our Successes

- Significant increases have been made in the public's awareness of proper storage and disposal
  - Almost 15,000 lbs. have been collected in the 40 drop boxes and 46 take back events
  - More than 100 drop boxes statewide
  - Arizona has seen a 10% reduction in youth obtaining Rx drugs from the home
- Substantial increase in prescribers and pharmacists signed up to use the CSPMP (109% and 307% increases, respectively)
- 83% increase in the number of queries actively being made to the CSPMP

# Our Successes (continued)

- Rates of prescriptions and pills have decreased in all five Rx drug categories (range = 2.3% to 16.3%)
- Significant changes in law enforcement knowledge, attitudes, and awareness
- Significant changes in parent knowledge, attitudes, awareness, and beliefs
- Increases in youth not using Rx drugs due to perceived consequences

# Our Successes: The Bottom Line

- From 2012 to 2014, Arizona saw a 20% reduction in rate of youth Rx misuse and abuse
- Pilot counties achieved a 28% decrease in opioid-related deaths, compared to a 4% increase in non-pilot counties

# Lessons Learned and Next Steps

- PDMP enhancements needed
  - (M)MEDD data
  - “Holy Trinity” flag
  - Real time access to PMP data
- Referral to Tx methods challenging
- RMS systems problematic for Rx crimes flagging system
- Need for earlier prevention strategies
- Need for targeted approach around DUI-D, NAS and high risk groups

# National Efforts

- Association of State and Territorial Health Officials (ASTHO)
- Office of National Drug Control Policy (ONDCP)
- Centers for Disease Control and Prevention (CDC)
- National Association of Medicaid Directors (NAMD)
- Bureau of Justice Assistance (BJA)
  - PDMP Center for Excellence (PDMP COE)

# ASTHO's Strategic "Map"

- Expand and Strengthen Prevention Strategies
- Improve Monitoring and Surveillance
- Expand and Strengthen Control and Enforcement
- Improve Access To And Use Of Effective Treatment And Recovery Support

# ASTHO's Strategic "Map"

- Expand and Strengthen Prevention Strategies
  - Promote and implement primary prevention strategies
  - Provide education/tools for consumers, families, and health professionals
  - Expand and use best practices by health care professionals
  - Engage and empower individuals and communities in effective strategies
  - Implement evidence-based community interventions
  - Implement overdose prevention and intervention strategies

# ASTHO's Strategic "Map" (continued)

## ➤ Improve Monitoring and Surveillance

- Increase the use of clinical monitoring tools for patient care
- Optimize effectiveness of PDMPs
- Develop, implement, link, and evaluate other data sources
- Prioritize and enhance surveillance for high risk populations
- Use monitoring and surveillance to improve public health and clinical practice

# ASTHO's Strategic "Map" (continued)

- Expand and Strengthen Control and Enforcement
  - Provide prescriber/dispenser education and training on control and enforcement
  - Improve collaboration between public health and law enforcement
  - Strengthen and standardize licensure board oversight of practitioners
  - Implement framework for regulation of "pill mills"
  - Expand utilization of treatment alternatives to incarceration
  - Implement insurance policies/practices that improve clinical care and reduce abuse

# ASTHO's Strategic "Map" (continued)

- Improve Access To And Use Of Effective Treatment And Recovery Support
  - Approach and manage addiction as a treatable chronic illness
  - Make a powerful business case for treatment and recovery support
  - Address legal barriers to seeking and receiving care
  - Secure payer funding for the full spectrum of evidence-based care
  - Provide SBIRT training and funding for health care practitioners
  - Expand and strengthen effective infrastructure and interdisciplinary workforce

# ONDCP's Strategic Plan

- Education
- Tracking and Monitoring
- Proper Medication Disposal
- Enforcement

# ONDCP's Strategic Plan

## ➤ Education

### ➤ Parent, Youth, and Patients

#### ➤ Evidence-based public education campaign

- Appropriate use
- Secure storage
- Safe disposal

#### ➤ Evidence-based campaign targeting parents

- Risks of opioid use
- Secure storage
- Safe disposal

# ONDCP's Strategic Plan

## ➤ Education

### ➤ Prescribers

- Responsible prescribing practices
- Appropriate use of opioid pain relievers
- Medical school-based education
- Methods for assessing effectiveness of pain treatments
- Tools for patient-provider agreements

# ONDCP's Strategic Plan

## ➤ Tracking and Monitoring

### ➤ Effective Prescription Drug Monitoring Programs

➤ In AZ, the CSPMP at the Board of Pharmacy

### ➤ IHS, VA, and DOD participation with state PDMPs

### ➤ Reimbursements to prescribers who check the PDMP

### ➤ Increase the use of SBIRT programs

➤ Integration with EHR to enhance SBIRT

# ONDCP's Strategic Plan

## ➤ Tracking and Monitoring

- Use data to monitor and detect areas where increased abuse is occurring to maximize impact of limited resources
- Expand interstate inter-operability of PDMPs
- Evaluate sources of data on prescription drug misuse and abuse, hospital/ED admissions and discharges, etc. and improve the quality of these data.

# ONDCP's Strategic Plan

- Proper Medication Disposal
  - Support community-based medication disposal programs
    - Rx drop boxes
    - Take back events and activities
  - Public education on safe and effective drug disposal

# ONDCP's Strategic Plan

## ➤ Enforcement

- Develop and implement a pharmaceutical crime investigation and training programs
- Aggressive enforcement actions against pain clinics and doctors who are not prescribing “within the usual course of practice and not for legitimate medical purposes.”
- Model Pain Clinic regulations

# ONDCP's Strategic Plan

## ➤ Enforcement

### ➤ Model Pain Clinic regulations

- Registration of facilities with a state entity
- Guidance for number of employees, location, hours of operation
- Penalties for operating, owning, or managing an non-registered pain clinic
- Requirements for counterfeit-resistant prescription pads and reports for theft/loss of pads
- Disciplinary procedures for enforcing regulations
- Process for patient records to be reviewed during state inspections.

# ONDCP's Strategic Plan

## ➤ Enforcement

- Expand use of PDMP data to identify criminal prescribers and clinics
- Encourage PDMP program reporting of criminal prescribers and clinics to pharmacies, law enforcement, regulatory boards, and insurance companies
- Use PDMP data to identify doctor shoppers

# CDC in Context of National Response

- Strategies that fit within CDC mission and complements other federal agencies
  - Enhance surveillance
  - Inform policy
  - Improve clinical practice

# CDC's Intervention Points

- Pill mills
- Problem prescribing
- General prescribing
- EDs and hospitals
- Pharmacies
- Insurer and pharmacy benefit managers
- General patients and the public
- People at high risk of overdose

# CDC's Intervention Recommendations

- Prescription Drug Monitoring Programs
- Patient Review and restriction programs
- Laws/regulations/policies
- Insurers and pharmacy benefit managers mechanisms
- Clinical guidelines

# CDC Intervention Recommendations

- Prescription Drug Monitoring Programs that focus on:
  - Patients at highest risk of abuse and overdose
  - Prescribers who clearly deviate from accepted medical practice
  - PDMP best practices

# CDC Intervention Recommendations

- Patient review and restriction programs
  - For patients with evidence of inappropriate use of controlled substances
  - Lock-in programs (1 prescriber, 1 pharmacy)
  - Improve coordination of care for patients at high-risk of overdose
  - Evaluate programs for cost savings and reductions in ED visits

# CDC Intervention Recommendations

- Laws/regulations/policies
  - Laws and polices aimed at reducing diversion, abuse, and overdose
  - Safeguarding access to treatment when implementing policies
  - Evaluations needed to determine effectiveness

# CDC Intervention Recommendations

- Insurer/Pharmacy Benefit Manager Mechanisms
  - Reimbursement incentives and disincentives
  - Formulary development
  - Quantity limits
  - Step therapies/prior authorization
  - Real-time claims analysis
  - Retrospective claims review programs

# CDC Intervention Recommendations



## ➤ Clinical Guidelines

- To improve prescribing and treatment
- Basis for standard of accepted medical practice for purposes of licensure board actions

# National Association of Medicaid Directors

- Enhance and leverage Medicaid infrastructure
- Proactive prevention measures
- Active monitoring and surveillance
- Efficient and effective treatment of addiction
- Cross agency collaborative efforts
- Collaboration with Medicaid agencies from other states

# Bureau of Justice Assistance

- Justice System uses of the PDMP
  - Doctor shopping investigations
  - Identification of altered and fraudulent prescriptions
  - Identification of organized prescription forgery activity
  - Confirmation that a patient is not violating terms of probation or parole
  - Identification of identity theft involving controlled substances

# Bureau of Justice Assistance (continued)

- Justice System uses of the PDMP
  - Investigations into unlawful prescribing or dispensing
  - Identification of possible pill mills
  - Detection of instances of insurance fraud
  - Location of lost or stolen prescription pads
  - Identification of prescribers' or dispensers' involvement with pill mills
  - Identification of geographical problem areas for resource allocation

# Brandeis University PMP Center for Excellence: Best Practices for PMP

- Unsolicited reporting
- Interstate data sharing
- Data sharing with researchers
  - Prevention
  - Surveillance
  - Early warning
- Collect and report on CS II-V
- Expand access to PMP data
- Ensure data confidentiality, security, and privacy of collected data

# So, now what?

- Several national organizations have developed guidance on addressing Rx misuse and abuse
  - We are doing some, we are not doing others
- Where do additions to our model make sense?
  - What is working?
  - What is not working?
- Retain the Arizona flavor?
  - Top down and Bottom up
  - Community-based substance abuse coalitions
  - Leveraging existing resources
- Get to work!
  - Do not cover old territory
  - Focus on solutions